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SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 45

Street smart in New York City

Fashion Week showcases next spring's sophisticated style PAGE 46

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Former teacher Mary Gowans leaves Ontario Superior Court in Toronto with her lawyer, Peter Brauti, on Wednesday. She is on trial for allegedly sexually exploiting and assaulting a former teenage male student. TORSTAR NEWS SERVICE

Bond between teacher, boy left mother uneasy

Alleged sexual assault. Relationship between woman, teen 'seemed incomprehensible,' court hears on day two of trial

Defence's assertions

- The teen fended off defence lawyer Peter Brauti's suggestions the desire for sex was his alone and Gowans was shocked and upset by the only incident: When he touched her private parts.
- After his spurned advance, Gowans forbade him from continuing to babysit her two children or helping her with sports activities and barred him from her house, Brauti said.

The mother of a Toronto teenager who claims he had a romance with his former French teacher says she had misgivings about their relationship and wishes she'd done more to protect him.

"My concern was she was spending a great deal of time with him," said the mother, who cannot be named to protect her son's identity.

"I just wanted to believe that there was nothing happening. I'm disappointed in myself," she told Ontario Superior Court Wednesday.

Mary Gowans, 42, a former public elementary school teacher, has pleaded not guilty to sexual interference, sexual assault and sexual exploitation of her former student from June 2009 to January 2010.

The mother said she became particularly concerned when she saw a text message on her son's phone from Gowans calling him "babe" and saying something like: "Christmas came early."

Both she and her daughter told her son it was inappropriate, she said.

But she couldn't fathom a sexual relationship, she said.

The student, now a tall, athletic 18-year-old, says he had more than four sexual encounters involving kissing and fondling with Gowans while ostensibly babysitting in her home while he was 15.

He testified Wednesday his life changed completely because of her. "I basically had no life outside of Ms. Gowans," he said. TORSTAR NEWS SERVICE

Soccer league stands pat

CSL doing little to crack down on match-fixing PAGE 14

They take cash and dash

Online dating scammers not easy to charge, police warn PAGE 3

Unlike anything else

Actress Ronan takes on unique entry in vampire genre PAGE 41

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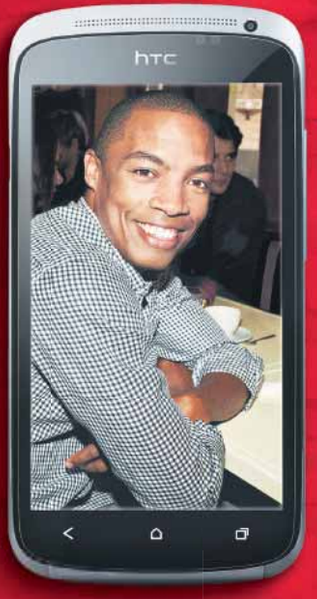

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The costlier way

Rocket riders will most likely see 2013 fare increase

TTC riders will probably face a fare increase in the new year, says TTC chair Karen Stintz. But how much hasn't been decided.

"The commission did pass a framework that keeps fares moderate and increases within inflation," she said Wednesday.

Before it completes its budgeting, the TTC still has to decide whether to contract out some work to save money on operations, Stintz said. A budget report is expected to come before the transit commission later this month or next.

Last December, the Toronto Transit Commission approved a 10-cent fare increase on tokens (pro-rated on other fares) in 2013, 2014 and 2015.

A 10-cent increase this year that brought the price of a token to $2.60 generated an extra $30 million.

Transit officials have been considering how they can save money by contracting out some non-core work. They have already outsourced garbage collection and are now targeting overnight cleaning and fuelling of buses in two of the TTC's seven divisions.

The 150 TTC workers who currently do those jobs, for about $27 an hour, would be absorbed into other areas.

Outsourcing the work is likely to be the first big divisive issue at the TTC since council voted to kick Mayor Rob Ford's allies off the board. TORSTAR NEWS SERVICE

Correction: Wrong judge

In Wednesday's Metro, a story on page four about the group homes bylaw had the incorrect name for the judge who made the ruling. The decision was actually written by Justice Katherine Swinton. Metro regrets the error.

Volunteers or paid staff helping Ford with football?

Mayor Rob Ford leaves football practice on Wednesday surrounded by players at Don Bosco Catholic Secondary School. Ford's taxpayer-funded staffers accompany him as he coaches youth football, "in order to assist him in his official duties," his spokesperson said. However, Doug Ford told reporters the that staffers who help his brother with football are on an off-the-clock "volunteer" basis in addition to their paid work. STEVE RUSSELL/TORSTAR NEWS SERVICE

Online dating scammers hard to charge: Police

Con artists. Cops say to beware of movie-star handsome Internet suitors who ask you for money

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Scammers who prey on people looking for love online can be hard to for police to charge — because they haven't necessarily done anything illegal.

The scam is pretty simple. A victim meets the scammer on an online dating service, gets to talking and flirting, then gets a request for money — usually accompanied by a sob story.

"These calls are coming in frequently, not only in our office, but other divisions too," said Det. Gail Regan of the Toronto Police Financial Crimes Unit and Social Media Team on Wednesday.

"The victim feels obligated, I don't know why, maybe they're lonely, but they start sending money," said Regan. "We want to stress that you shouldn't send money to someone you don't know."

The problem police have is that asking someone for money, accepting it and then virtually dumping them isn't actually illegal in itself, said Regan.

"Is there really an offence being done? No. That's what people have to be aware of," she said.

Aside from following the basic rule to never give money to anyone you don't know offline, there are other ways to spot a potential scam, according to Regan.

"One of the things is the photo," she said, adding that in one case the scammer used a photo of a good-looking actor, but the victim didn't recognize him. "You have to be aware if the photo the person is showing is some glamorous photo."

Poor English a sign?

The online dating scammers are often based overseas and their English isn't always good—so broken English in the messages can be warning sign, but not necessarily an indicator of a scam, because many users of dating sites speak English as a second language, said Det. Gail Regan of the Toronto Police Financial Crimes Unit and Social Media Team.

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Mobile news

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‘Bamba Rewards’ help to keep kids in Kenyan schools

A+ idea. School kids accumulate points for good attendance and grades, which their parents can redeem for cash or goods

JESSICA SMITH
jessica.smith@metronews.ca

A charity BBQ in Brampton this weekend will raise money to help pay Kenyan parents to keep their kids in school — by paying them in real money and goods for the points the kids rack up with good attendance and stellar grades.

Al Ismaili worked in the telecom industry for the past five years and travelled extensively throughout Africa, where he noticed that many companies have trouble with worker productivity.

He and a couple of friends launched a company based on reward points — similar to frequent flyer rewards — that managers of companies give out to their employees for good attendance and performance at work.

The “Bamba Rewards” points can be redeemed at an online store. “Bamba” is Kenyan slang that roughly translates as “to catch” or “to do,” Ismaili said.

“Managers will use the software to give their employees those points over SMS every time they complete an assignment on time, or perform excellently at work,” Ismaili said.

Children at the Viara Educational Centre in Nairobi, Kenya. CONTRIBUTED

The company is still in its infancy, having just completed a six-month trial at GTA-based BigKite Consulting, and is currently in the process of negotiating its first contracts with companies in Africa.

Ismaili and the other founders have already launched a charitable wing of the company called Bamba Rewards for Charity. Instead of employees, school kids accumulate points for attendance, homework and top grades, which their parents can redeem for cash or goods. The kids aren’t left out — they get their pick of a donated toy.

“This way, the children aren’t dropping out of school,” Ismaili said. “It’s a huge problem when a child reaches the age of 12 or 13 years old and the parents pull them out of school to perform physical labour and make money for them. This is our way of solving that system.”

The Viara Academy in Nairobi will be the first school to work with the charity as of January.

Follow Jessica Smith on Twitter @jessiecatherine

Quoted

“This way, the children aren’t dropping out of school. It’s a huge problem when a child reaches the age of 12 or 13 years old and the parents pull them out of school to perform physical labour and make money for them.” Al Ismaili

Phase 3 of Regent Park revitalization includes rec facility

Children from the Regent Park area play during the TCHC’s unveiling of the next phase of the Regent Park revitalization at Regent Park South Hockey Rink on Wednesday. The revitalization plan includes athletic grounds that will be funded through private donors led by an MLSE foundation.
ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

The excited voices of kids playing filled an outdoor hockey rink in Regent Park Wednesday — the noise an indication of what’s to come.

The children from nearby Nelson Mandela school were on hand for Toronto Community Housing’s announcement that a third phase of Regent Park will include a massive new outdoor recreation area and a refurbished rink near Shuter and River streets.

Funding for the multi-purpose sports facility, which will include a soccer pitch, basketball court, playground and community gardens, will come through fundraising by the charitable arm of Maple Leaf Sports and Entertainment. The Hockey Canada Foundation will pay to refurbish the rink.

Quoted

“Sports is huge.... You want to raise as many athletes as possible, but it’s also that you’re raising the community and the social interaction of kids in a very productive way.” Wendel Clark

The facility is what has been missing in the “world-leading revitalization” of Regent Park, said Martin Blake, vice president of Daniels Corporation, the private development company that has partnered with the city to build the first two phases.

The proposed third phase, the six-hectare area between Sackville and River streets to the east and west, and Oak Street south to Shuter Street, will include another 2,000 market condominiums and 550 rental housing units.

“Sixty-five per cent of Regent Park is under development, constructed or already complete,” said Blake. “That is an astounding accomplishment in such a short period of time.”

But the plan for the third phase is in its early stages and has yet to be approved by council.

“We’re still working out the details of the budget, which will be going forward to my board of directors for approval in the next six months,” said Tom Burr, director of TCH’s Regent Park revitalization development division. TORSTAR NEWS SERVICE

Housing to be demolished

Rezoning applications to reconfigure streets and parkland could be approved early next year.

- If that’s successful, more than 536 households will be displaced for two to four years as existing social housing is demolished, beginning in 2014, and rebuilt.
- Burr notes that tenants will be notified a year in advance of demolition and five months before they have to move.

Province-wide protest

Teachers wear black, postpone extracurriculars

It wasn’t quite Men in Black at Toronto schools Wednesday morning, but some teachers sported black shirts or pants at schools such as Northern Secondary and Central Tech, in protest against Ontario’s new teacher wage-freeze law.

The Ontario Secondary School Teachers’ Federation has asked members across the province to cancel extracurricular activities Wednesday and wear black in a one-day protest against the controversial new law, which circumvents normal collective bargaining. TORSTAR NEWS SERVICE

On chopping block

Peel council to vote again on daycare closure

Peel Region council will vote Thursday on closing its 12 daycares and using about $12 million saved to subsidize more children in less-costly non-profit and commercial centres.

It is the second time this year the council will be asked to close region-run daycares that serve about 760 children in Mississauga and Brampton.

Last January, more than 300 parents and child-care advocates urged councillors to reject a staff report calling for the region to get out of daycare operation and focus exclusively on managing Peel’s 25,700-space licensed system. TORSTAR NEWS SERVICE

10th known incident

Another victim comes forward in Annex sex assault investigation

Another victim has come forward in the ongoing investigation into a string of sexual assaults that has plagued the Christie and Bloor streets area.

A report for an assault that occurred Aug. 27 on a side street near the intersection was filed earlier this week, said Const. Wendy Drummond, making it the 10th known assault to have taken place in the area since early July.

Police are searching for a male suspect, described as black with a medium to heavy build. TORSTAR NEWS SERVICE

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SHOPPERS DRUG MART

Kiera Lemire has fun on the kid-sized Wipeout course built by a man in Brooklin, Ont. JESSICA SMITH/METRO

'Crazy Legs' dad builds Wipeout course for kids

This dad's got game. TV show contestant gets his kids in on fun of wet and wacky obstacle race

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Mike "Crazy Legs" Conley says he competed on Wipeout Canada to impress his kids — the same reason he built a 90-foot kid-sized Wipeout-style obstacle course on his street in Brooklin, Ont.

Wipeout is a reality television show in which contestants try to run, jump and swing their way through an elaborate slippery obstacle courses built over water, which they hilariously fall into over and over again. After Conley was eliminated in the third round, he came home and decided to give his kids a chance to try.

"It was mainly for the fun factor for my kids," he said. "Just to try to compete with the TV and amazing video games out there — to get them outside and active."

He planned the course over three months and built it with 12 air mattresses, 14 inflatable loungers, one circular pool, six inflatable pools, eight pool noodles, 1,200 square feet of banner vinyl, eight boxing gloves, six rock-wall holds, 112 feet of lumber, 16 bales of straw, eight buckets, four big red exercise balls, one slip-and-slide and six pounds of mud.

The kids slipped down a side, jumped over huge red balls, got whacked by puffy boxing gloves and, like on the TV show, fell into the pools of water over and over again. About 25 neighbourhood kids ran the course a few times and Conley plans to put the footage of the kids on the course on YouTube, where the public can vote on who ran it best.

Quoted

"It was mainly for the fun factor for my kids. Just to try to compete with the TV and amazing video games out there — to get them outside and active."
Mike 'Crazy Legs' Conley

Follow Jessica Smith on Twitter @jessiecatherine

Province mulls privatizing agency after spending scandal

Ontario may privatize the agency that assesses homes for municipal taxes, Finance Minister Dwight Duncan suggested Wednesday after the Progressive Conservatives complained about an "extravagant" meeting put on for employees of the Municipal Property Assessment Corporation (MPAC).

The Tories accused the Liberal government of mismanagement after MPAC decided to hold a retreat in Toronto for 1,300 employees from across the province, giving them Lego blocks for "team building" exercises.

"You can't talk about fiscal responsibility out of one side of your mouth, and at the same time allow your employees to organize a convention right smack in the middle of the Toronto International Film Festival, when hotel and convention space are at a premium," said Tory finance critic Peter Shurman during question period.

"This is a convention where government employees will be wined and dined, the event catered by a vendor who boasts that they've served the likes of Oprah, Elizabeth Taylor and Karl Lagerfeld. How very TIFF of you premier."

Premier Dalton McGuinty punted the question to Finance Minister Dwight Duncan, who agreed that the MPAC employee convention in Toronto was a bad idea.

"I thought it was kind of a boneheaded thing to do," Duncan told the legislature.

"I don't understand it. It's not a good use of money."

MPAC defended the meeting, saying it needed to bring employees together to talk about major changes planned over the next four years that will save the agency about $20 million.

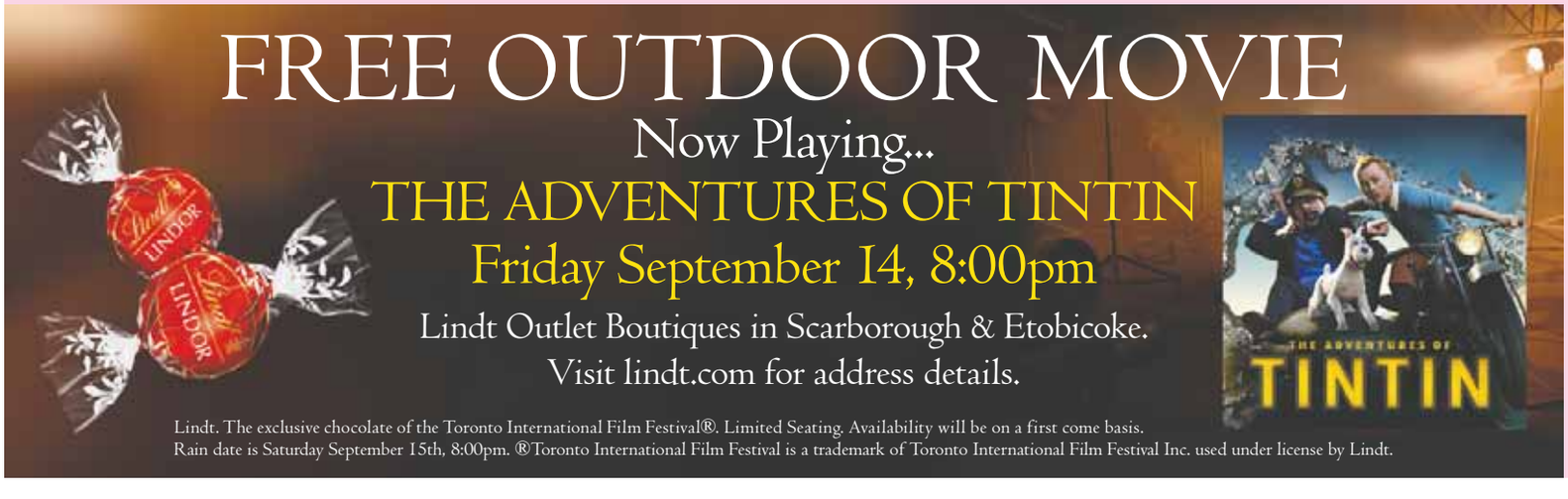
The total cost of the event was $170,000, including a suburban hotel for fewer than 100 employees and a return flight for 30 workers from northern Ontario, said MPAC chair Dan Mathieson.

"We consulted some leading change experts and they said the best way was to get everyone in a room and just lay it all out," Mathieson said in an interview. THE CANADIAN PRESS

Quoted

"This is a convention where government employees will be wined and dined, the event catered by a vendor who boasts that they've served the likes of Oprah, Elizabeth Taylor and Karl Lagerfeld. How very TIFF of you premier." Peter Shurman

Peter Shurman says the MPAC retreat in Toronto for 1,300 employees was irresponsible spending. TORSTAR NEWS SERVICE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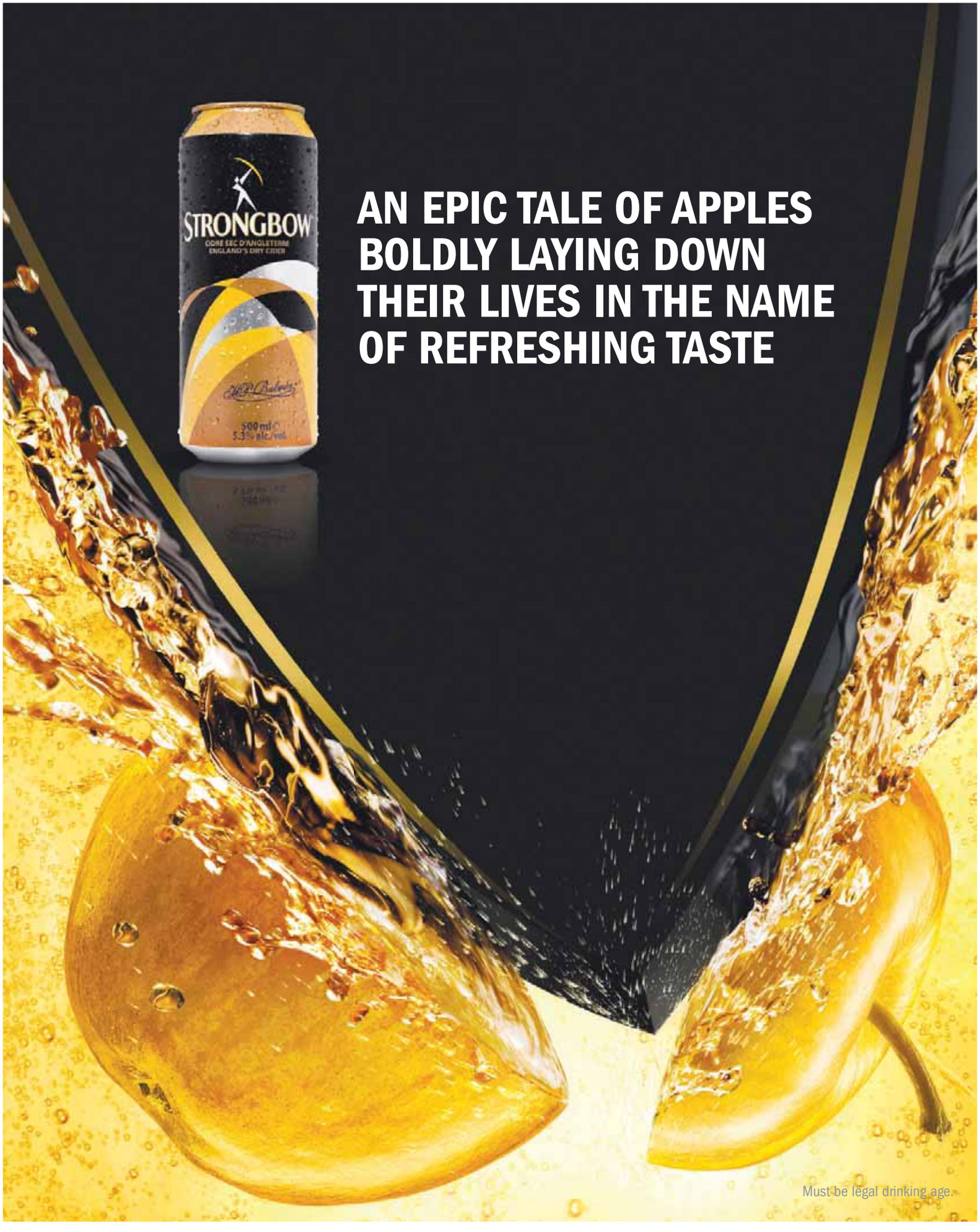
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Trip to hell and back with Australia's Arcane Saints

Another try. The nu-grunge bangers are back to tear it up in Canada after a border snafu snuffed their first tour attempt in the spring

TARIN ELBERT
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The first time these riff-loving mates dropped in on Canada, they were punted back to Australia by document-loving officials in Vancouver.

"We did not have the proper visas to play in Canada," singer/guitarist Michael John explains before the Arcane Saints' Wednesday night gig at Cherry Cola's on Bathurst Street. "Man — the worst plane ride ever!"

It was the rousing chorus of Never Say Die from the Saints' EP that buoyed the band's spirits during that rough ride back Down Under, John said in the interview, which ultimately led to the fearless foursome's trek to the land of dragons and emperors.

"We got to China and said — 'This is amazing!' after being kicked out of Canada the week before," says John. "They gave us the full rock-star treatment. We played the Midi festival (in Shanghai) before 20,000 people, our biggest crowd ever.

"Rock over there is really underground. Their gigs are always well-attended and they just go crazy. There were people there who brought their pets to the show — punked-up dogs, and one girl brought a pet monkey. We really loved it there, the Chinese are a very passionate people," adds the jovial John. "We are going back to China again next year, and just make it an annual event."

If the gripping video clips of their Midi lay down found on the Arcane Saints' website are any kind of marker, the band is definitely heavier live than the Seattle grunge-era licks on their EPs indicate.

"We love Soundgarden. We were really influenced by grunge, Nirvana, Stone Temple Pilots and Pearl Jam, the music I listened to as a teenager," he says, acknowledging his roots.

John was born in the U.K. but grew up in New Zealand, "Where the rock scene is really small and there are not a lot of places or opportunities to play." John's lineage cites Iron Maiden's founding member Steve Harris as an uncle, and so the music gene was passed. He started writing songs as a teenager but the proverbial big break came down when he won an international songwriting competition. John spent the prize money on a wild night of debauchery and a one-way ticket to Melbourne. Shortly afterwards, he formed Arcane Saints — "Arcane means mysterious and un-noble, and I liked that connotation," he says.

In their short career they have independently released two EPs and a single, Nervous Breakdown, produced by Evan McHugh (Jet, Midnight Oil, Dead Letter Circus.)

The Saints also won Firebrand Rock Radio's International Band of the Month Competition, which has led to some feverish spinning of Never Say Die on radio stations right round the globe.

Right now the Saints are on a cross-Canada tour that will also take them to Thunder Bay, Winnipeg, Edmonton, Calgary, Kamloops and Vancouver, then it's off to the U.S. for a massive cross-state tour.

"We are really approachable guys, please come up and say 'Hi' to us when you come to our shows," says John.

Hell, that's a pretty hot invitation to get from a saint.

Punk pets

"There were people there who brought their pets to the show – punked-up dogs, and one girl brought a pet monkey. We really loved it there, the Chinese are a very passionate people."
Michael John
Arcane Saints

'Fashion connoisseurs'

Trying to outdo Lady Gaga

As you can see from the photo of Arcane Saints, they are risk-takers in more ways than their adventurous music would indicate.

"We are fashion connoisseurs — Lady Gaga has nothing on us, man," laughs founder Michael John. "We take photo shoots very, very seriously. That costume was actually Evel Knievel inspired."

Arcane Saints' founder Michael John, in blue glasses, says the band is back in Canada with a vengeance, making up for the spring tour that was abruptly cancelled. CONTRIBUTED

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U.S. sends marines to Libya after ambassador, staff killed by mob

Tripoli. Storming of consulate on 9-11 anniversary linked to anti-Muslim video, while U.S. investigates whether this was a terrorist attack

Egyptian protesters burn a U.S. flag and chant anti-U.S. slogans during a demonstration in front of the U.S. Embassy in Cairo on Wednesday as part of widespread anger across the Muslim world about a film ridiculing Islam's Prophet Muhammad. NASSER NASSER/THE ASSOCIATED PRESS

The U.S. dispatched an elite group of marines to Tripoli on Wednesday following a mob attack that killed the U.S. ambassador to Libya and three other Americans. U.S. officials are investigating whether the violence was a backlash to an anti-Islamic video with ties to Coptic Christians, or a plot to coincide with the anniversary of the 9-11 attacks.

Tuesday's stunning attack on the American Consulate in Benghazi poses a daunting task for U.S. and Libyan investigators: searching for the culprits in a city rife with heavy weapons, multiple militias, armed Islamist groups and little police control.

The one-story villa that serves as the consulate was a burned-out wreck after the crowd armed with machine-guns and rocket-propelled grenades rampaged through it. Slogans of "God is great" and "Muhammad is God's Prophet" were scrawled across its scorched walls. Libyan civilians strolled freely in charred rooms with furniture and papers strewn everywhere.

U.S. President Barack Obama vowed in a Rose Garden address that the U.S. would "work with the Libyan government to bring to justice" those who killed Ambassador Chris Stevens, information manager Sean Smith and two other Americans who were not identified. Three other Americans were wounded.

Stevens was the first U.S. ambassador killed in the line of duty in 30 years.

"We reject all efforts to denigrate the religious beliefs of others, but there is absolutely no justification for this type of senseless violence. None," said Obama, who also ordered increased security at U.S. diplomatic posts abroad.

Republican Mitt Romney accused the Obama administration of showing weakness in the consulate killings, but the president retorted that his rival "seems to have a tendency to shoot first and aim later." Some in the Republican Party called Romney's remarks hasty.

The mob attack on Tuesday — the 11th anniversary of the Sept. 11, terrorist strike in the U.S. — was initially presumed to have been a spontaneous act triggered by outrage over a movie called "Innocence of Muslims" that mocked Islam's Prophet Muhammad that was produced in the U.S. and excerpted on YouTube. The amateurish video also drew protests in Cairo, where angry ultraconservatives climbed the U.S. Embassy's walls, tore down an American flag and replaced it with an Islamic banner.

But a U.S. counterterrorism official said the Benghazi violence was "too co-ordinated or professional" to be spontaneous. The official spoke on condition of anonymity because he was not authorized to discuss the incident publicly.

The FBI was sending evidence teams to Libya, a law enforcement official said.

Libya's new leadership — scrambling to preserve ties with Washington after U.S. help to overthrow former dictator Moammar Gadhafi — vowed to find those behind the attack. THE ASSOCIATED PRESS

Quoted

"Canada strongly condemns and deeply regrets yesterday's senseless attack on the U.S. consulate in Benghazi, Libya.... We also urge Libyan officials to ensure the extremists responsible are brought to swift justice."

Canadian Foreign Affairs Minister John Baird, who said Canada is reviewing the security situation at its embassy in Tripoli in the wake of the killing of American diplomats in Libya

Pseudonyms

Man confirms role in anti-Islam film amid mystery

The search for those behind the provocative, anti-Muslim film that triggered mobs in Egypt and Libya led Wednesday to a California Coptic Christian convicted of financial crimes who acknowledged his role in managing and providing logistics for the production.

Nakoula Basseley Nakoula, 55, told The Associated Press that he was the manager for the company that produced Innocence of Muslims, which mocked Muslims and was implicated in inflaming mobs in Egypt and Libya.

Nakoula denied he directed the film and said he knew the self-described filmmaker, Sam Bacile. But the cellphone number that AP contacted Tuesday to reach the filmmaker who identified himself as Sam Bacile traced to the same address near Los Angeles where AP found Nakoula. Federal court papers said Nakoula's aliases included Nicola Bacily, Erwin Salameh and others.

THE ASSOCIATED PRESS

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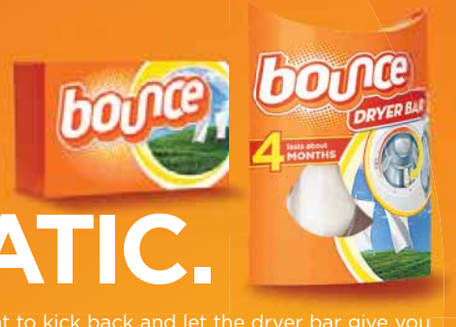

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Nickle and dimed over album art

One-cent situation. Musician David Gunning under fire over record artwork that Canadian mint says breaches copyright laws

A Nova Scotia folk musician whose penny-inspired album has raised the ire of the Royal Canadian Mint says the entire fuss has left him feeling sheepish.

Dave Gunning said Wednesday he was informed by the mint that his soon-to-be released album infringes copyright because its artwork includes images of the ubiquitous one-cent piece.

In recent days, Gunning — who describes himself as "a proud Canadian" — has told his story of being nickel-and-dimed by the mint to media outlets across Canada and the United States.

"Part of me is a little bit embarrassed about it," Gunning said from Pictou, N.S. "Not embarrassed for myself, necessarily, but embarrassed for Canada a little bit."

The award-winning singer said his album, titled No More Pennies is meant as an homage to the humble coin, which the mint plans to stop producing this fall though it remains legal tender.

He said the mint was "very kind" to waive licensing and administration fees for the first 2,000 albums produced, but his next batch of CDs will cost him $1,200 — or 60 cents a pop.

That's no penny ante for an independent artist, he said.

"They're chasing down this folk singer for 60 cents a CD," said Gunning, who has won awards at the East Coast Music and Canadian Folk Music Awards.

Gunning is urging fans to donate their spare pennies, which he said will be delivered to the mint. The soft-spoken singer said he plans to give $1,200 of his own money to a Halifax children's hospital. THE CANADIAN PRESS

Penny for your thoughts?

The album, set for release next Tuesday, was recorded in Pictou and Halifax earlier this year

- **Artwork.** The album depicts a penny, representing the sun, disappearing behind the horizon. In another picture, the copper-plated coins are shown as wheels on a steam locomotive.
- **Isn't it ironic?** Gunning knew he erred when a friend told him to sell the album at the mint's gift shop.

Royals visit Canada's capital

Prince Edward and Sophie Countess of Wessex are joined by Governor General David Johnston and wife Sharon at Rideau Hall in Ottawa on Wednesday. The Queen's youngest son and his wife are on a seven-day visit to Canada, that includes stops in Ontario and the Arctic.

SEAN KILPATRICK/THE CANADIAN PRESS

Soccer disaster. Officials in U.K. covered up truth

British police and medics whose failures contributed to the deaths of 96 soccer fans in the country's worst sports disaster unfairly blamed the dead for the 1989 tragedy and sought to cover up their actions, newly disclosed documents revealed Wednesday.

The documents vindicated efforts by the victims' families, who had spent 23 years demanding a full accounting of the events at Hillsborough stadium that killed fans of the Liverpool soccer team. Most of the victims were crushed and suffocated in a standing-only section after they were herded there by police.

Prime Minister David Cameron issued a full apology Wednesday for the wrongdoing of authorities and the subsequent coverup, saying that Britain had been shamed for more than 20 years by its reluctance to expose the errors that led to the deaths. THE ASSOCIATED PRESS

Health care. Technology making snooping easy

Manitoba's acting ombudsman says penalties for nosiness should be strengthened now that technology is making it easier for health-care workers to snoop into the private information of patients they have a grudge against.

"In the old days, three people had access to your record — your doctor, his or her nurse and his or her receptionist. Now, you can have thousands of people with access to your records," Mel Holley said Wednesday. Holley has concluded an investigation into a case last year in which a worker at CancerCare Manitoba, the province's prime centre for cancer treatment, got into the electronic patient files of a neighbour's child who was undergoing treatment. The worker, whom Holley did not identify, did not need to see the child's file for any work-related purpose, but because of a personal conflict with the child's mother. THE CANADIAN PRESS

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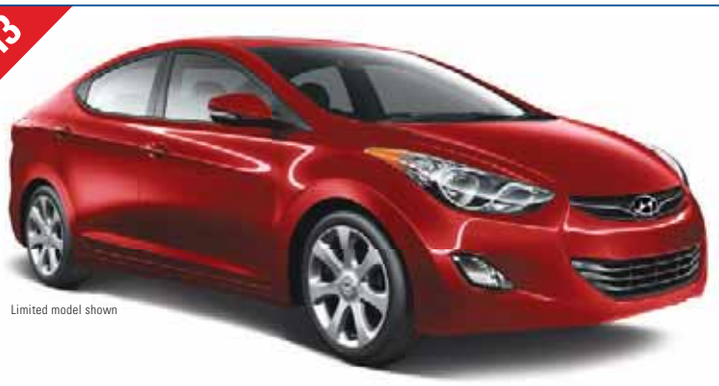

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Match fixing: Why no crackdown?

Time to act. A year has passed, but soccer bosses have done little, claiming they're waiting for FIFA to guide them

BEN RYCROFT
toronto@metronews.ca

The Canadian Soccer League has done little since learning more than a year ago that European match-fixers are in Canada actively seeking to manipulate games in the CSL.

The league, which has teams in Ontario and Quebec, along with the Canadian Soccer Association (CSA), is waiting on FIFA for guidance on how to respond.

In the meantime, convicted, confessed match-fixers have been caught on tape talking about purchasing a local Canadian team.

In a documentary that aired on CBC's The National Wednesday night, CSL commissioner Vincent Ursini said the league is aware of the problem and is waiting on FIFA.

Since I brought CBC this story more than a year ago — with the help of their investigative team — the story has grown into one that has spanned three countries and two continents.

Importantly, it would include pages of German police wiretaps and court documents.

Those documents were flush with conversations between Ante Sapina, Marijo Cvrtak and Chris Budimir — German-based match-fixers — talking about how they could manipulate games in the Canadian Soccer League.

And once they had actually done it, the tapes caught their overwhelming glee at their prospects.

"If we don't become rich here, then I don't know where we could become rich," Budimir told Cvrtak, the CBC reported.

Meanwhile, their conversations extended further, even looking at what it would take to buy a team and arguing at how fast they should go about doing that.

According to the wiretaps, Budimir reported back to Cvrtak in 2009 that players make less than $500 a month and a club in the CSL could be bought for $150,000.

According to Budimir, buying was a three-year process. Cvrtak wanted to know if it could be done in one.

"They are all amateurs … Nobody knows that they have teams there like here," Budimir told Cvrtak on the wiretap.

"One can start a team there with $150,000 and play in the first league right away."

Full stop.

Now that this information is public, there are calls for the CSA to conduct an investigation into who is financing teams in the CSL.

If it's going to continue to sanction the league, a full investigation by the CSA into who is financing teams in the CSL is immediately warranted. For now, the CSL has yet to file an official complaint with the local police and RCMP.

More evidence

Even before the documentary had aired last night, three current CSL players had reached out to share what they know about match-fixing in the league.

- They each told similar tales of being approached with offers of bribes to fix games. Metro will continue to follow the story.
- If you have any information you would like to share with Metro on matchfixing in Canadian soccer, please contact letters@metronews.ca.

Toronto Croatia's Tomislav Ples nearly gets a boot from Dragan Cosic of the Serbian White Eagles as the two teams tied 0-0 in the second championship game at Esther Shiner Stadium in North Toronto in 2007. A German court heard evidence last year that a game involving Toronto Croatia was fixed in 2007. STEVE RUSSELL/TORONTO STAR

Wiretap evidence

$20,000 bribe paid off

According to the CBC, the wiretaps detail how one of the fixers — a man by the name of Zivko Budimir — arranged a fix in 2009.

He paid CSL All-Star Antonio Zupan $20,000, which he shared with four teammates on Toronto Croatia.

In exchange for accepting the bribe, Zupan and Toronto Croatia ensured they would lose by at least two goals to the Trois-Rivières Attak on Sept. 12, 2009.

Zupan, who missed a crucial penalty in the game, was successful and the final result ended 4-1 in the Attak's favour.

The fixers had wagered $143,000 on a combination of bets that included that game.

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JAN. 9, 2013 – FEB. 7, 2013
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$232
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DEC. 24, 2012 – MARCH 24, 2013
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$1064
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Ethnic identity. Rachel lets you speak your mind

When the Bank of Canada removed an image of a female scientist billed as Asian-looking from its new $100 banknotes, Rachel Décoste took to the Internet.

She decided to start a cross-country dialogue on what it means when someone identifies as Canadian.

"One of the things that the national narrative of Canada negates most of the time are the struggles, the daily struggles, that exist for people who are not 'neutrally' ethnic," Décoste said.

In late August, she launched Neutralethnicity.com, calling on Canadians to share their stories about belonging and identity.

Stories, poems and essays from Nova Scotia to Vancouver, have started to trickle into Décoste's inbox.

Stories from Canadians like Abubakar Kasim, who wrote about his experience dealing with a frustrated traveller at Toronto's Pearson International Airport as a customer service agent.

The woman angrily said to him: "Can I speak to someone from this country, please?"

SUZANNE MA/METRO IN VANCOUVER

Stem cell discovery

Humans help gerbils hear

Deaf gerbils have been helped — by humans.

British researchers say they've restored the gerbils' ability to hear using implanted human embryonic stem cells.

And they call it a first step in potentially overcoming some causes of hearing loss in people.

THE CANADIAN PRESS

Feds commit $11.4M

Mentally ill troops get boost

Ottawa is boosting funding for treatment of mentally ill military personnel and veterans.

Defence Minister Peter MacKay says his department will spend $11.4 million to hire psychiatrists, psychologists, mental-health nurses and addictions counsellors.

THE CANADIAN PRESS

New rap for Tori's killer: She beat up fellow inmate

Terri-Lynne McClintic is escorted into court in handcuffs in Kitchener, Ont., on Wednesday. GEOFF ROBINS/THE CANADIAN PRESS

No remorse. In an intercepted jail letter, McClintic boasts of repeated kicks and 'stompin' on her face'

The woman serving a life sentence for the first-degree murder of Tori Stafford has added another conviction to her criminal record.

Terri-Lynne McClintic admits she beat up a fellow inmate — and she regrets not causing worse injuries.

McClintic, 22, was facing a charge of assault causing bodily harm for what the Crown called a "completely unprovoked" attack at Grand Valley Institution for Women, but instead pleaded guilty Wednesday to assault.

Crown attorney Julia Forward told court the victim, Aimee McIntyre, was no longer co-operating with the Crown.

McIntyre was serving a life sentence for first-degree murder in the death of her former lover, though a new trial was recently ordered.

Ontario Court Judge Colin Westman sentenced McClintic to six months on this assault, but noted it doesn't change her life sentence because sentences run concurrently in Canada.

McClintic pleaded guilty in 2010 to the first-degree murder of the eight-year-old girl from Woodstock, Ont.

Former boyfriend Michael Rafferty was convicted earlier this year of first-degree murder, sexual assault causing bodily harm and kidnapping.

Tori was raped and brutally beaten to death.

THE CANADIAN PRESS

Quoted

"One would hope that somehow you can come to some kind of peace. I can't imagine your turmoil you must feel within yourself."

Judge Colin Westman, sentencing McClintic

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They fought the law, and the law won?

Pussy Riot. Jail term for punk rockers may soon end, as case comes up for appeal and Russia's Prime Minister calls for their release

Russian Prime Minister Dmitry Medvedev on Wednesday called for three members of the punk band Pussy Riot to be freed, a sign that the women's release could be imminent since their case comes up for appeal on Oct. 1.

The band members were arrested for performing a raucous prayer inside Moscow's main cathedral asking Virgin Mary to save Russia from Vladimir Putin as he headed into the election that handed him a third term as president. They had already spent more than five months in jail when they were convicted in August of "hooliganism driven by religious hatred" and sentenced to two years in prison.

Quoted

"[This is] yet another blow to the court system and citizens' trust in it."

Former Finance Minister Alexei Kudrin, who remains close to Putin.
The court verdict drew strong criticism even from some Kremlin loyalists.

By being the one to call for the women's release, Medvedev, who has cultivated the image of a more liberal leader, could allow Putin to put the uncomfortable case behind him while not appearing weak.

The outward appearance of the women, who perform in bright-colored miniskirts and balaclavas, and the "hysteria" accompanying them made him sick, Medvedev said with disdain. But he said keeping them in prison any longer would be "unproductive."

"In my view, a suspended sentence would be sufficient, taking into account the time they have already spent in custody," he said during a televised meeting with members of his United Russia party in the city of Penza.

The band members' imprisonment has come to symbolize Putin's intensifying crackdown on dissent after his return to the presidency. Their cause has been taken up by celebrities and musicians, including Madonna and Paul McCartney, and protests have been held around the world.

THE ASSOCIATED PRESS

Russian Prime Minister Dmitry Medvedev RIA-NOVOSTI/THE ASSOCIATED PRESS

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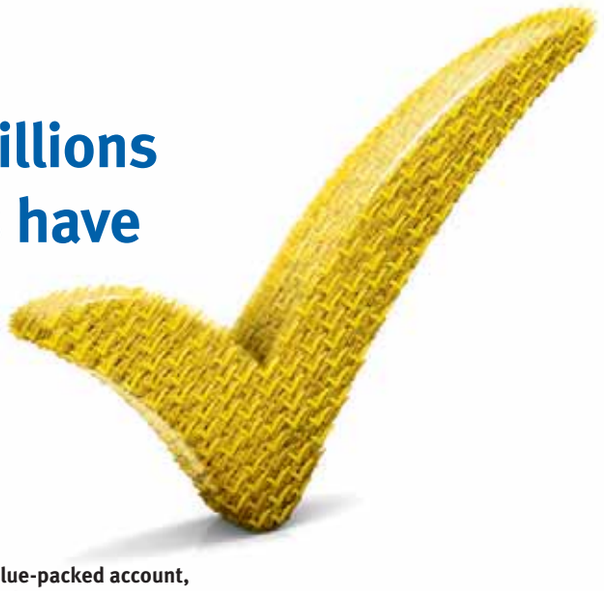

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New Delhi

Plastic bag ban takes effect

The government of India's capital is hoping that a strict ban on plastic bags will help the environment.
An engineer with Delhi's government says that starting next week, the manufacture and sale of all types of plastic sheets and bags will be banned in the city, citing their environmental dangers.
B.M.S Reddy said Wednesday that the ban will include shopping bags, garbage bags and all kinds of plastic film and storage packets. Only plastic bags required for medical waste will be exempt.
In 2009, Delhi banned the use of plastic shopping bags, but authorities have had little success enforcing the ban.
Plastic bags also pose a risk to the thousands of cows that roam the city and end up swallowing them while foraging for food in Delhi's open garbage dumps.

THE ASSOCIATED PRESS

Royal rundown

Prince William looks at a copy of the 1953 newspaper issue of the coronation of his grandmother Queen Elizabeth during his visit to Strathmore Green in Singapore Wednesday.

NICOLAS ASFOURI/THE ASSOCIATED PRESS

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We recognize that both men and women experience androgenic alopecia (AGA, or male / female pattern baldness) and have made some improvements to the original formulation based on the latest science to address their specific needs. You will notice that we now have additional complementary (Health Canada Approved) health claims on each product.

How does Bio-Fen® PLUS work?

We are bringing you two new products with **double** the number of capsules and **triple** the number of health claims for men and **four times** the number of health claims for women.

As in the previous formulation, the fenugreek seed extract in both new formulas reduces excess blood lipid levels (hyperlipidemia). Fenugreek contains β-sitosterol, an active plant sterol, which has been shown to inhibit 5-alpha-reductase activity – the enzyme responsible for converting excess testosterone to *DHT* (which is the primary molecule that causes hair loss). The SDG (secoisolariciresinol diglucoside) from flax lignans in both formulas also decreases excess cholesterol - the building block of testosterone. Based on new research on the rate of metabolism of SDG in flax lignans (8-12 hours on average), the dosage in both products has been revised from once a day to twice a day for optimum results.

Twice the Strength! Twice the Power!

Bio-Fen® Plus for Men:

As before, the saw palmetto extract inhibits the enzyme 5-alpha reductase, and this action slows down the conversion of testosterone to dihydrotestosterone (or DHT) – the overabundance of which causes the miniaturization of hair follicles. This activity of the saw palmetto also helps to relieve the urinary symptoms of mild to moderate BPH for men.

The saw palmetto that originally was an extract standardized to 45% free fatty acids, esters, and sterols while the new formula is a 4:1 extract to support the BPH claim. The product still contains these molecules for hair loss, but they are now at proprietary amounts based on our research so that the competition cannot duplicate our formula.

Bio-Fen® Plus for Men will also help to:

- ***Relieve the urologic symptoms associated with mild to moderate benign prostatic hyperplasia - BPH** (e.g. weak urine flow, incomplete voiding, frequent daytime and night time urination).*
- ***Reduce elevated blood lipid levels / hyperlipidemia.***

Bio-Fen® Plus for Women

The women's formula is almost the same as the men's formula. The mechanisms and results for the women formula is the same. The only difference is it contains silicon and iron instead of saw palmetto. Silicon has been shown to contribute to hair shaft strength and thus healthy hair growth. It also contains iron which helps prevent iron deficiency. A number of studies have related sub-clinical iron deficiency in women to diffuse hair loss/alopecia.

The increased amount of SDG and other revisions to the regulations allow us to make some additional health claims for *Bio-Fen® Plus for Women.*

Bio-Fen® Plus for Women will also help to:

- ***Reduce elevated blood lipid levels/hyperlipidemia***
- ***Prevent iron deficiency.***
- ***Metabolize carbohydrates, fats and proteins.***

How long must I use Bio-Fen® Plus?

Bio-Fen® Plus for Men capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or the rate of hair loss is decreased. Anyone experiencing new growth should see it within four months. In some people the original pigmentation may come back. Once you stop completely your hair growth pattern will slowly go back to the point where you started. However, some people may be able to go with a lower maintenance dose.

What is the quality of Bio-Fen® Plus for Men?

Bio-Fen® Plus for Men is manufactured in Canada according to quality assurance specifications called Good Manufacturing Practices (GMP). This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and the finished product prior to sale.

Hair Grow Technology (Bio-Fen® Plus) is a progressive company - we continually seek out the latest research on bioactive ingredients, and on regulatory updates in the natural health products industry.

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Each coupon is valid for one bottle of Bio-Fen® Plus for Men or Bio-Fen® Plus for Women. Valid one coupon per bottle. Coupon is void when reproduced or altered in anyway. Coupon expires on September 30, 2012. Retailers must submit all coupons for reimbursement to Hair Grow Technology within 30 days after the expiration date. Redeemed coupons must be accompanied with a copy of the purchased receipt.

Family money dispute?

Cops now have leads in French Alps murders

Investigators are pursuing three leads in the killings of a British-Iraqi couple and two other people in the French Alps, but there are no suspects yet, a prosecutor said Wednesday. The leads include an alleged family financial dispute.

Meanwhile, relatives of the dead couple called for those responsible to be brought quickly to justice.

Saad Al-Hilli, his wife Iqbal, and an elderly woman were shot dead inside a car, while a French cyclist riding nearby also was killed.

The couple's seven-year-old daughter survived but was badly hurt, while her four-year-old sister was unharmed. All four people killed suffered two bullets to the head among other wounds.

THE ASSOCIATED PRESS

Laced with methanol

Bad booze in Czech Republic kills 19 in region

The Czech Republic announced emergency measures Wednesday to combat a wave of alcohol poisoning, saying that 19 people have died and 24 have been hospitalized after drinking vodka and rum laced with methanol.

Methanol is mainly used for industrial purposes but, since it's cheap and impossible to distinguish from real alcohol, criminals sometimes lace black-market alcohol with it to guarantee high profits.

Prime Minister Petr Necas urged all Czechs to refrain from drinking "any alcohol whose origin is uncertain." Of the 16 people confirmed dead in the Czech Republic, eight lived in the northeast; two others died in Poland and one more in Slovakia.

THE ASSOCIATED PRESS

Family members mourn the death of a man outside a mortuary in Karachi, Pakistan, Wednesday. FAREED KHAN/THE ASSOCIATED PRESS

283 die in Pakistan fires, victims trapped

Tragic factory fires. Police are searching for the factory managers and placed the owner on a list of people not allowed to leave the country

Fires swept through two clothing factories in Pakistan, leaving 283 people dead — many trapped behind locked doors and barred windows — highlighting the atrocious working conditions in a country where workplaces often lack basic safety equipment and owners bribe officials to ignore the violations.

The twin blazes broke out Tuesday night at a garment factory in the southern port city of Karachi and a shoe manufacturer in Lahore.

THE ASSOCIATED PRESS

No escape routes

"It is a criminal act to lock the emergency exit doors, and we are trying to know who did it, and why," said Roshan Ali Sheikh, a government official.

- The twin blazes broke out Tuesday night at a garment factory in Karachi and a shoe manufacturer in the eastern city of Lahore. At least 258 people died in the fire in Karachi, another 25 perished in Lahore.

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Video of sleepwalking woman a big hit

A screengrab from the YouTube video of sleepwalking Patricia Foti in action.
YOUTUBE.COM

YouTube. New Jersey man recorded footage of dancing mother

Quick thinking in the dead of night inspired Nicola Foti to capture his mother sleepwalking, dancing and "trying to open the tomato cage."

His video and her reaction had more than eight million views on YouTube by Tuesday.

"That boggles my mind," said Foti from his home in central New Jersey, where he makes a good living running four YouTube channels.

Despite his video career, nothing about this one was planned.

"I went down to the kitchen for some tea, it's completely dark and I hear this rustling. My mom is in the dining area and she's wiggling. She mumbled something. I thought this is going to be too funny, so I took my iPhone out of my pocket and started recording."

The next-day video of his mother, Patricia Foti, reacting to the original sleepwalking video is actually twice as popular, possibly because an embed means you get a two-fer.

"One thing I want to make clear is that my mom is not mad about this," said Foti, who is 27 and lives at home.

"My mom ... has the best sense of humour. She is the best sport, not just a good sport."

And neither she nor he have any idea what a tomato cage is supposed to be.

In fact, Patricia Foti went along with her son's next video, The Cinnamon Challenge, to see if they could swallow a tablespoon of the spice. No, is the short answer.

"It sucks all the moisture out of your mouth. It's horrible." TORSTAR NEWS SERVICE

Tech. U of W clams up on plagiarism case

A University of Waterloo scientist and his student are at the centre of a plagiarism scandal.

But the university, which prides itself for having tough rules on cheating, is refusing to talk about it.

What is known is that Dongqing Li, a top Canadian scientist and Canada research chair at U of W, and Yasaman Daghighi, an award-winning engineering student, have retracted a report about advances in lab-on-a-chip technology.

According to the retraction, the two lifted material from a research paper by scientists at the Massachusetts Institute of Technology and the University of California, Santa Barbara.

"The article has been retracted by request of the authors. Unaltered text was taken from a pre-published version of ... Induced-Charge Electrokinetic Phenomena.... Moreover, a few reproduced figures from other published articles lack appropriate references. The authors apologize for their negligence," stated the retraction.

The retraction was uncovered by the U.S.-based academic watchdog Retraction Watch, which noted that the paper was carried in the journal Microfluidics and Nanofluidics, which Li established. He has since stepped down from editorship, Retraction Watch reports.

When contacted by the Torstar News Service, a U of W spokesperson would only confirm that "Dongqing Li is a professor and Yasaman Daghighi is a graduate student at the University of Waterloo."

"The university is unable to respond to your questions because privacy law prohibits us from sharing personal information," Ellen Réthoré, associate vice-president of communications and public affairs, said in an email.

"There are a lot of fishy aspects to the whole thing," Martin Bazant, associate professor of chemical engineering and mathematics at MIT, told Postmedia News. Bazant is reported to have stumbled on the Waterloo report in Microfluidics and Nanofluidics while browsing the scientific literature in 2011.

Bazant, the lead author of the U.S. paper, said the U of W paper "blatantly plagiarized."

"A good chunk of it was a cut-and-paste job," Bazant said. TORSTAR NEWS SERVICE

Possible consequences

- Daghighi, an award-winning student, could face punishment ranging from a letter of reprimand to expulsion. It is less clear what could happen to Li. Neither could be reached for an interview.

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South Korean farmers protest foreign beef

South Korean farmers wearing cow outfits perform during an anti-government rally in Seoul on Wednesday demanding that the South Korean government take measures to deal with the loss of the country's farming industry, caused by South Korean-U.S. Free Trade Agreement (FTA) and import of foreign beef. The letters read "Tear of Korea cow." LEE JIN-MAN/THE ASSOCIATED PRESS

Flood victims

North Korea refuses aid from South Korea: Seoul

North Korea rejected South Korea's offer of food and medical supplies to help flood victims Wednesday, Seoul said.

After Pyongyang asked what aid items the South could send, Seoul on Tuesday proposed providing 10,000 tons of flour, 3 million packages of ramen noodles and medical supplies.

On Wednesday, North Korea's Red Cross sent a message expressing its dissatisfaction with the assistance offered and saying it doesn't need "such aid," Seoul's Unification Ministry said in a statement.

Ties between the divided Koreas remain strained following two deadly attacks blamed on North Korea that killed 50 South Koreans in 2010. THE ASSOCIATED PRESS

Is N. Korea changing?

Economy. Observers increasingly convinced market reform is on the horizon, similar to China's 30 years ago

Deep in the North Korean countryside, in remote villages that outsiders seldom reach, farmers are now said to be given nearly one-third of their harvests to sell at market prices.

Collective farms are reportedly being reorganized into something closer to family farms. State propagandists are expounding the glories of change under the country's new young leader.

In the rigidly planned economy of this Stalinist state, could this be the first flicker of reform? A string of long-doubtful observers have become increasingly convinced that economic change is afoot, akin to China's first flirtations with market reforms 30 years ago. But, they also warn, exactly what is happening remains a mystery.

No outsiders are known to have been to the villages, in Ryanggang province, since the new policies reportedly went into effect. No outsiders have seen the details of the June 28 government order — "On the Establishing of a New Economic Management System in Our Own Style" — that supposedly launched the program. Other reported reforms, from shifts in investment laws to new industrial profit-sharing regulations, are even more opaque.

Still, there are undeniable signs that the world's most closed-off society may be toying with change, from a carefully scripted campaign to soften the image of the country's young leader, Kim Jong Un, to the apparent purging of a hardline general and a series of often-cryptic official statements hinting that Pyongyang is serious about liberalizing its economy.

If the latest reform reports are true, they would almost certainly be driven in part by China. Beijing has long pressed Pyongyang to enact reforms similar to its own first steps toward a market economy.

THE ASSOCIATED PRESS

North Korean farmers work in a field along

DAVID GUTTENFELDER/THE ASSOCIATED PRESS

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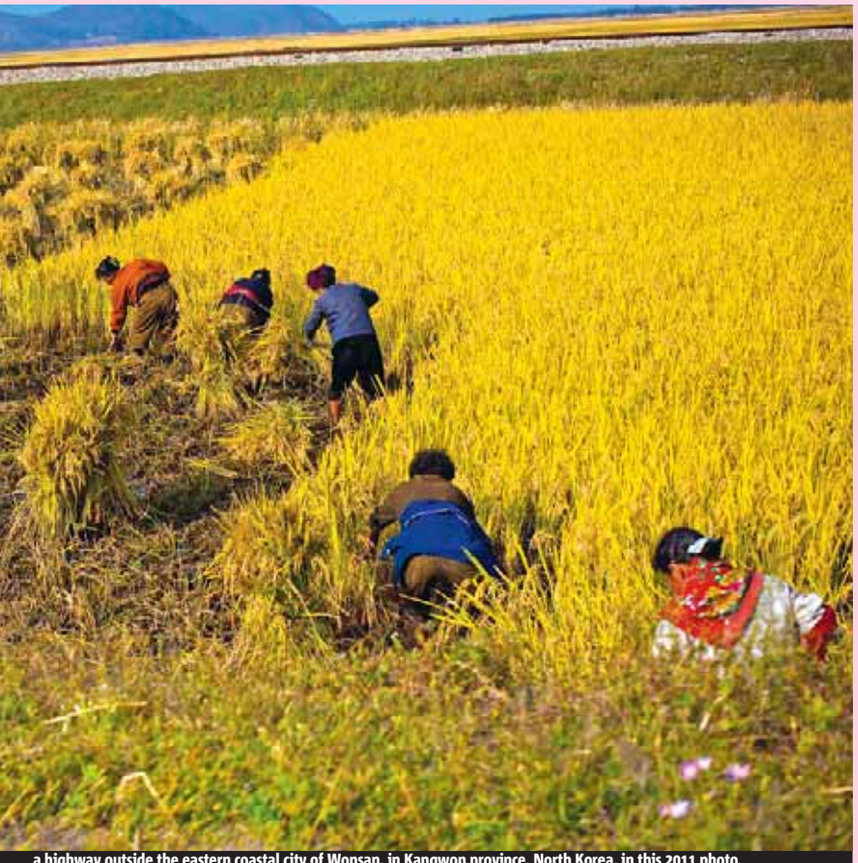

a highway outside the eastern coastal city of Wonsan, in Kangwon province, North Korea, in this 2011 photo.

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Additional payments: Paying more on your mortgage is always a good idea; particularly since any additional payment will go directly towards paying off the principle and not toward interest – which immediately and significantly reduces your amount owing. Look for mortgages that allow you to increase your monthly payment or pay in lump sums. Many mortgages allow this annually to a maximum of 20% of the principle. If you also need to build up you retirement fund then consider contributing all you are able to your RRSP and using your tax refund towards your mortgage for double the benefit.

Refinance: As mortgage rates fluctuate, consider refinancing your mortgage to lower your payments and reduce the amount of interest. While refinancing, it may be a good time to reduce the amortization period and save even more.

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Obama's new love for beer taps into male voters bank

Losing the suds war?
Due to his Mormon faith, rival Romney doesn't drink alcohol

Is Barack Obama's sudden fondness for chugging beer beginning to pay off?

A spate of new polls released this week suggests the president is gaining popularity among male voters, closing the gap on Mitt Romney's longtime advantage with white, working-class men.

Three of the surveys even have Obama inching past his Republican rival for the White House among male voters — a trend that could spell doom for Romney if it continues, since most opinion polls suggest Obama has an edge with female voters.

Obama, a Harvard-educated lawyer long suspected of enjoying a barrel-aged chardonnay more than a glass of stout, has been doing his part to downplay his elitist, intellectual image to appeal to working-class men.

U.S. President Barack Obama sips his beer as he watches Team USA during an Olympic men's exhibition basketball game in July in Washington. THE ASSOCIATED PRESS FILE

In August, he bought a round of Bud Lights for supporters at the Iowa State Fair, swiftly transforming the usual chants of "Four More Years!" into a chorus of "Four More Beers!"

He makes frequent mention of the White House micro-brewery he's started. The White House recently made public Obama's honey ale and honey lager recipes, complete with a video of the commander-in-chief helping with the brewing process.

He's also made a point of stopping at pubs and ale houses while on the campaign trail, ordering up icy mugs of beer as the cameras snap him mid-quaff.

The well-heeled Romney, too, has been battling perceptions he's an out-of-touch elitist as he attempts to maintain his popularity among working-class men. Yet Romney's mingling with the common man doesn't quite have the same cachet in beer-loving America as Obama's does.

THE CANADIAN PRESS

Cartoonist freed from jail

Indian political cartoonist Aseem Trivedi speaks after he was released from jail on bail in Mumbai, India, Wednesday. Trivedi whose drawings mock Indian government corruption was jailed on a sedition charge in an arrest that was widely condemned as evidence of political leaders' increasing intolerance of criticism. Trivedi had earlier refused bail until all charges against him were dropped. The local government has promised to review the charges against him. Sedition is punishable by up to life in prison. RAJANISH KAKADE/THE ASSOCIATED PRESS

Hamas ban

Website offers Gaza residents free porn

Porn website Sex.com is offering residents of the Gaza Strip a free "emergency package" of hardcore material after the Hamas government blocked access to porn websites in the Palestinian territory.

"This is not about adult content, this is about freedom of choice," company spokesman Martin Ellison told Metro, describing the ban as "outrageous." A range of DVDs, video files and galleries are available, including specialist material for Muslims. Sex.com claims to have received 50 requests since the ban was introduced.

The Islamic Hamas government justified the ban claiming that porn had become more popular than news websites, and was a threat to "the fabric of Palestinian society." Critics believe it is a form of repression from a regime that has already banned women from riding motorcycles and men from cutting hair. KIERON MONKS/METRO WORLD NEWS

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Fast food. McDonald's to develop 'Made in Canada' plan for caloric content

McDonald's restaurants across the U.S. will soon get a new menu addition: the number of calories in the chain's burgers and fries. The world's biggest hamburger chain said Wednesday that it will post calorie information on restaurant and drive-thru menus in the U.S. starting Monday.

McDonald's Canada spokesman Louis Payette said that conversation has progressed differently in Canada than it has in the U.S.

"McDonald's Canada is actively working with all levels of government, NGOs and industry stakeholders to develop an appropriate 'Made-in-Canada' solution to displaying comprehensive nutrition information that is easily accessible to customers prior to purchase," Payette said.

He noted that McDonald's Canada introduced its first Food Facts brochure more than 30 years ago. THE ASSOCIATED PRESS

In numbers

260

McDonald's is testing healthier options for next year, such as an Egg McMuffin made with egg whites and a whole-grain muffin. The sandwich has Canadian bacon and white cheddar cheese and clocks in at 260 calories. It will be called the Egg White Delight.

Apple iPhone 5 in stores this month

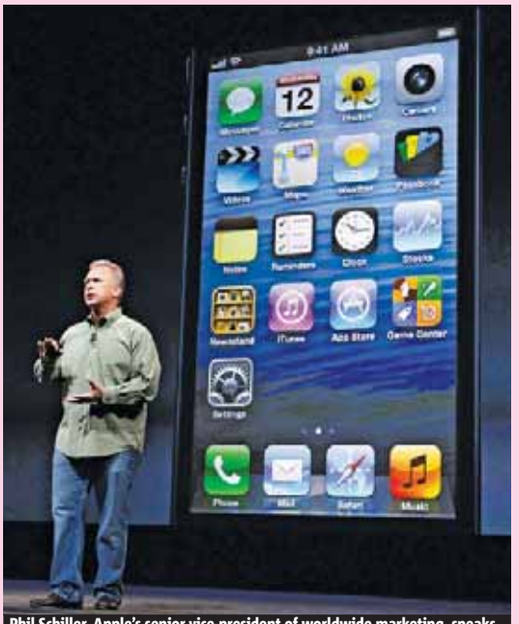
Coming soon. Lighter, thinner smartphone will be available in North America on Sept. 21

The new iPhone 5 is thinner and lighter than previous versions with a taller screen, and will be in stores in Canada, the U.S. and several other countries on Sept. 21.

The iPhone 5 is the year's most eagerly awaited phone launch. Analysts expect Apple Inc. to sell tens of millions of units before the year is out.

It will come with the capability to connect to the fastest new wireless data networks, both in the U.S. and overseas. That's another feature that was widely expected. Some competing phones have had this ability for a year and a half.

Samsung Electronics Co. has increased the screen size of its flagship phone line every year, which is about 45 per cent larger than the one on the new iPhone. THE ASSOCIATED PRESS



Phil Schiller, Apple's senior vice-president of worldwide marketing, speaks on stage during an introduction of the new iPhone 5 at an Apple event in San Francisco on Wednesday. ERIC RISBERG/THE ASSOCIATED PRESS

New iPhone

A threat to BlackBerry?

The iPhone 5 is also a formidable threat to BlackBerry-maker Research In Motion.

The Waterloo, Ont.-based company — once known as Canada's high-tech heavyweight — has been working to turn around its operations as consumers switched to the iPhone and other smartphones running Google's Android operating system.

The company's future success rides on the unveiling of its BlackBerry 10 operating system, which has suffered two major delays that have pushed its debut into early 2013 — past the holiday shopping season that Apple has squarely in its sights. THE ASSOCIATED PRESS

Internet jokers decided the iPhone 5 could assume any shape, generate French fries and turn water into wine. Go to metronews.ca to read social media's silliest predictions.

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Japan hints at abandoning nuclear power

New policy. Plan is to retire aging reactors and not replace them, and put a 40-year cap on reactor lifespans

An anti-nuclear activist takes a nap at a tent in front of Japan's Economy, Trade and Industry Ministry in Tokyo on Wednesday. The banner reads: "Anti-nuclear power tent." SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

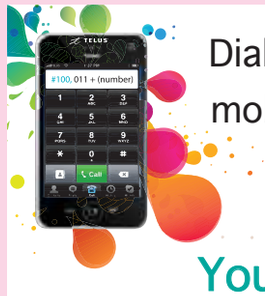
Japan's prime minister hinted Wednesday that the government will announce a gradual abandonment of nuclear power when it issues a new energy policy this week.

News reports said the Cabinet has already agreed to the new policy.

Yoshihiko Noda said during a debate among party leadership candidates that he understands that most Japanese support a nuclear-free country. He also said he would take into account his ruling party's recommendation last week that Japan's dependency on nuclear energy be phased out by the 2030s.

"There could be different views about how we can achieve that goal, and by factoring those into consideration our party last week proposed we should aim for a nuclear-free society. I must take this seriously," Noda said. He said the new policy, expected by the end of the week, would be a major shift from Japan's decades-long advocacy of nuclear power.

THE ASSOCIATED PRESS



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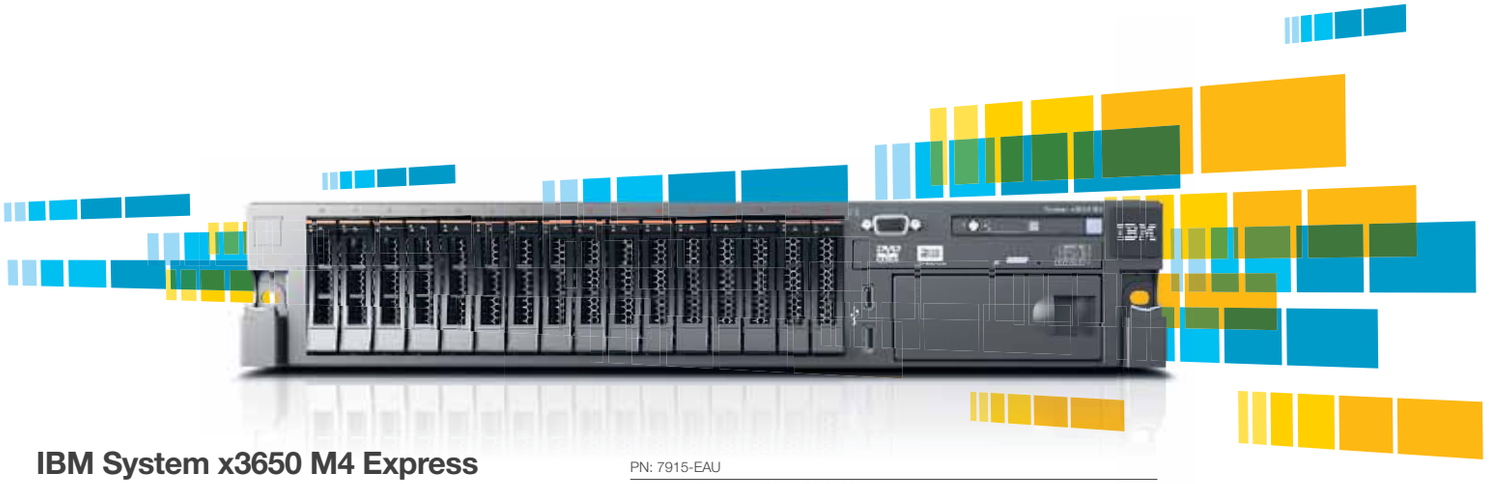

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1.TBR Report – "IBM System x® x86 servers: Meeting the demands of today's enterprises by combining value and support," January 2012. **2.** Source: Intel Performance comparison using SPECfp®_rate_base2006 benchmark. Baseline score of 267 on prior generation 2S Intel® Xeon® processor X5690 (3.46 GHz, 6 core, 12MB L3, 6.4 GT/s, 130W) based platform published at www.spec.org as of 6 Sept 2011. Estimated new score of 486 on 2S Intel® Xeon® processor E5-2690 (2.90 GHz, 8 core, 20MB L3, 8.0 GT/s, 135W) based platform is based on Intel internal measured estimates as of 6 Sept 2011 using two Intel® Xeon® processor E5-2690, Turbo Enabled, EIST Enabled, Hyper-Threading Enabled, 64 GB memory (8 x 8 GB DDR3-1600), Red Hat® Enterprise Linux Server 6.1 beta for x86_6, Intel® Compiler 12.1. **3.** x3650 M4 supports up to 768 GB of memory using 32 GB LRDIMMs in it 24 memory slots. Previous generation x3650 M3 supports up to 192 GB of memory. **4.** Ships with 4 1 Gb Ethernet ports standard and supports integrated slot-less 10 Gb Ethernet with Virtual Fabric. Previous generation server includes 2 1 Gb Ethernet slots and requires use of a PCI Express slot to support 10 Gb Ethernet. *Available later in 2012. IBM hardware products are manufactured from new parts or new and serviceable used parts. Regardless, our warranty terms apply. For a copy of applicable product warranties, visit http://www.ibm.com/servers/support/machine_warranties. IBM makes no representation or warranty regarding third-party products or services. IBM, the IBM logo, BladeCenter, System Storage and System x are registered trademarks of International Business Machines Corporation registered in many jurisdictions worldwide. Other product and service names might be trademarks of IBM or other companies. For a current list of IBM trademarks, see www.ibm.com/legal/copytrade.shtml. Intel, the Intel logo, Xeon and Xeon Inside are trademarks of Intel Corporation in the U.S. and other countries. All prices and savings estimates are subject to change without notice, may vary according to configuration, are based upon IBM's estimated retail selling prices as of 03/13/12 and may not include storage, hard drive, operating system or other features. Reseller prices and savings to end users may vary. Products are subject to availability. This document was developed for offerings in Canada. IBM may not offer the products, features, or services discussed in this document in other countries. Contact your IBM representative or IBM Business Partner for the most current pricing in your geographic area. ©2012 IBM Corporation.

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John Mazerolle
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Whether you suffer from Toronto Mayor Rob Ford or just know someone who does, this guide will help you understand the issue and symptoms of Toronto Mayor Rob Ford and how to talk about it.

In this pamphlet you'll find helpful tips for coping, and an explainer for those outside Toronto, many of whom have found themselves asking WTF — Why the Ford Administration?

What is Toronto Mayor Rob Ford?:

Rob Ford spent a decade inside Toronto causing minor outbursts, with observers paying little heed to the symptoms. However, the unexpected bonding with a mayor's chair two years ago has made Toronto Mayor Rob Ford — or TMRF — more powerful than previously expected.

Thanks to a series of TMRF incidents appearing on the national news, Toronto Mayor Rob Ford has crossed over the so-called municipal barrier and has now infected the national consciousness.

It's not unusual for people as far away as Vancouver or St. John's to ask, "Is this for real?" It most definitely is.

Some symptoms include disbelief at what you're hearing, disbelief at what you're seeing, and journalists high-fiving each other at their uncommon good luck.

The end result is a rash of scandals. Don't pick at them.

These itchy scandals come in many varieties:

- **Tickling:** Ford blamed a plastic bag ban passed by city council on the public because, he said, 'a couple hundred thousand people' should have rallied in opposition.
- **Sore:** Ford gets angry a lot, including a confrontation where he made a reporter drop his tape recorder on the ground.
- **Life-threatening:** Ford said he "probably" reads while driving on Toronto's eight-lane highway because he's "busy."

This would be a good place to remind people that TMRF is real.

How did this TMRF happen?:

It's not uncommon for people across the country to ask Torontonians how TMRF came to be.

The first thing for sufferers to know is they have absolutely nothing to be ashamed of. One of the unusual traits of TMRF is that it only causes discomfort in people who don't want it.

To understand, one must look at an X-ray of a Toronto election map, which looks like the inverse of a U.S. election map. The liberal interior — what most outsiders think of when they think about Toronto — fought hard against TMRF, while the suburban edges breathed it deep.

What can be done:

TMRF can drain your energy, hope and drive, but there are options. Ways to eliminate symptoms include:

- Tilting way to the right.
- Plugging your ears and closing your eyes and singing la la la la for the next two years.

Of course, some people are immune or even enjoy TMRF, including journalists, comedians and other people who enjoy a good story.

As for voters who think the country needs more TMRF and would be happy to see it spread everywhere: Please put this down and watch the road.

No cure has been found for Toronto Mayor Rob Ford (TMRF).
NATHAN DENETTE/THE CANADIAN PRESS

Not quite a pot of gold

PAUL GOLDSTEIN/REX FEATURES

Wildlife photography

Not even a double rainbow

It's not a pot of gold or even a double rainbow, but a giraffe that you can find at the end of this rainbow.

This is just one of the countless wondrous sights professional photographer and holiday tour guide Paul Goldstein has witnessed in his adventures in far-flung locations from the Arctic to the plains of the Masai Mara in Kenya.

METRO

Ethics

Giving back after taking away

Goldstein is always keen to give back to the regions he photographs.

"Ethics with photography is massively important. Every penny of every photograph I sell goes to one of two foundations: one in India to a tiger foundation in Madhya Pradesh, and one in the Masai Mara, where I'm co-owner of three safari camps."

METRO

Paul Goldstein CONTRIBUTED

Photog's viewpoint

"There's a huge difference between a snapshot and a photograph. A photograph suggests diligence, graft and imagination."

Paul Goldstein, photographer and tour guide for travel company Exodus. "I like to push people so they can get the most from their cameras, without the camera dominating the safari," he says.

Metropolitan Panel

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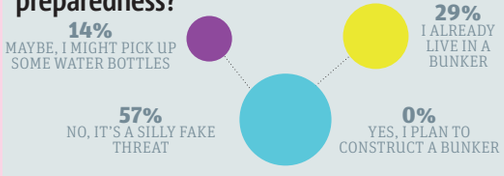
Has the U.S. government's tongue-in-cheek warning of a zombie apocalypse pressured you into better disaster preparedness?



Twitter

@rachel_is_here: I'm not sleeping, I'm just resting my eyes. #TIFF12

@edgell_seven: Kudos to the City of #Toronto Waste Mgmt for phasing in PETE recycling! It's ever irked me to put fruit boxes in the trash. @LiveGreenTO

@LilianaMann: my love for these celebrities grows as I see so many of them showing up on our home turf for TIFF #Toronto #TIFF

@bitwhizzle: In Joss Whedon's #TIFF12 Much Ado About Nothing @frankranz is the perfect Claudio! Loved his performance!

@deeMotive: I really wanna know what we are paying tuition for if it doesn't include the books.

metro
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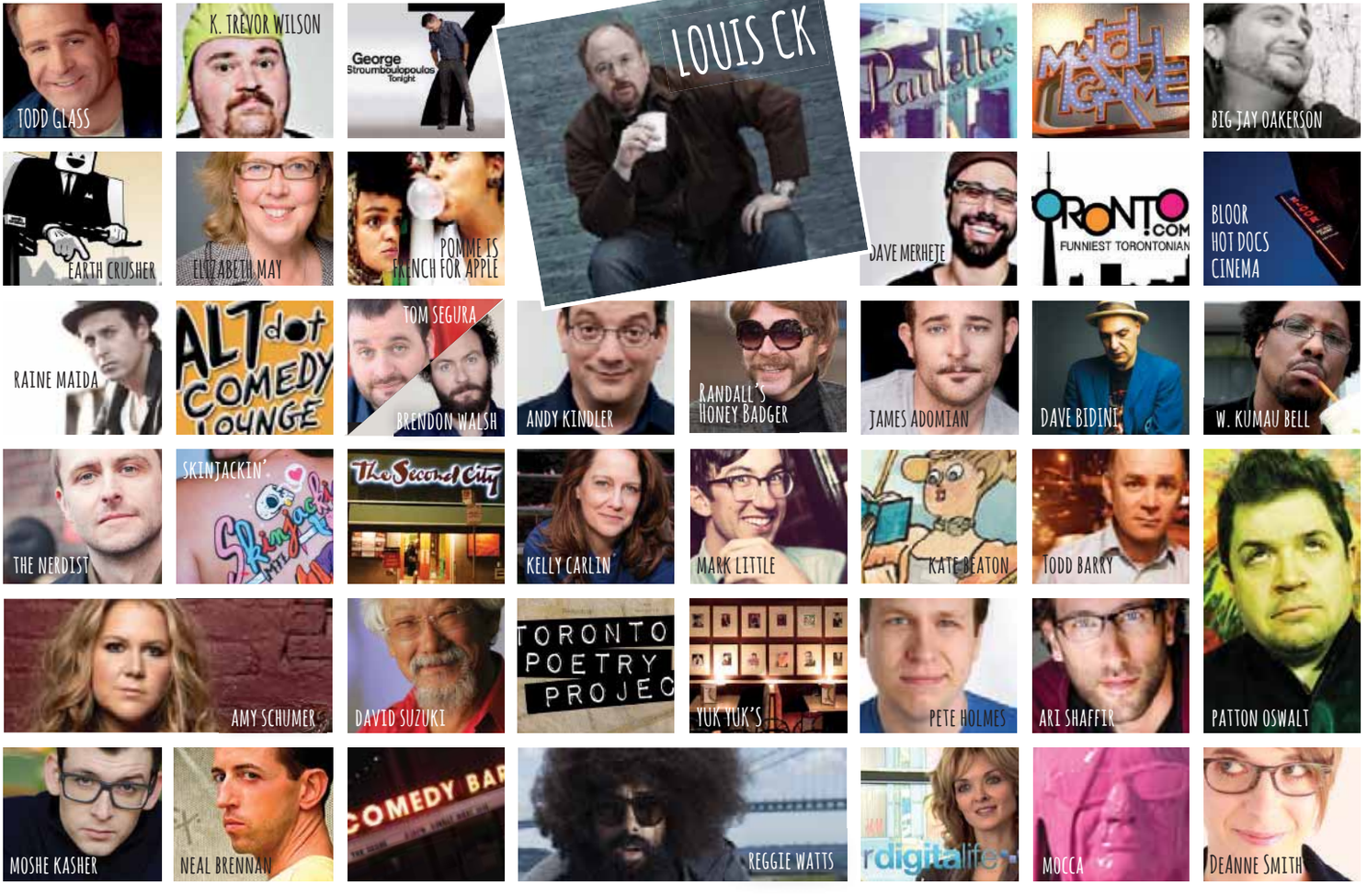

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A Just For Laughs and Live Nation Production

T.O. Monologue Slam! lets locals show off their stuff

TIFF schmiff. A dozen actors compete in front of audience and panel of judges at monthly event

BACKSTAGE PASS
Ian Gormely
scene@metronews.ca

While TIFF brings Hollywood's best and brightest to our fair city, what's a local actor to do? "We've heard from a lot of actors that TIFF is the biggest thing for them," says Andre Newell. The glitz, glamour and top notch talent on display can be a real inspiration. "They just want to get on stage and perform."

Newell and his cousin Oluniké Adeliyi think they have just the solution. For the past year, the pair have played host to the Toronto Monologue Slam!, a juried monthly competition for actors that doubles as the local scene's gathering place.

Twelve competitors each prepare a three-minute monologue — from their favourite film or play, or an original composition — and perform in front of an audience and a panel of judges. The performers are pared down to six for Round Two, and perform the same piece — with a twist. The judges give the actors notes, insisting they do things like perform as the opposite sex. "There's an improv element," says Newell.

The evening was inspired by Adeliyi's time in theatre school in New York. An actress who has appeared on shows like Flashpoint and films like Saw 3D, she saw a place for a similar night in her hometown. She approached Newell, a marketing and event co-ordinator, with the idea. "Well, why not?" Newell remembers saying.

Initially, he was skeptical of its longevity. But the first night was over capacity. Most of the participants and a lot of the crowd come from the acting world, but the event attracts a wide swath of viewers. "It's the most eclectic assortment of people," he says. There's even a wait list to perform.

Toronto Monologue Slam! — Friday, Sept. 14 at the Six Degrees, 2335 Yonge St., 8 p.m. $10 advanced, $15 at the door. toslam.com

Getting work

Besides providing ample entertainment for live performance fans, Toronto Monologue Slam! has also helped pair actors with work. Each instalment's panel of judges is made up of an assortment of industry professionals, including directors, casting agents and other actors who often like what they see on stage. "People have come and gotten signed to an agency the next day," says Newell. This, along with the supportive atmosphere has helped make the night a popular event within the community.

Correction

The photo caption and credit in last week's Backstage Pass on Cirque du Soleil was incorrect. The photo was taken by Laurence Labat and featured an Aerial Hoops act.

The Toronto Monologue Slam! is held this Friday at the Six Degrees. HANDOUT

2SCENE

On the web

Qriket

Where did all of MTV's viewers go? Visit metronews.ca/scene or scan this code to find out what the ratings were like for its annual VMA show.

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CIBC PHOTOS

EMOTIONAL CONNECTION

CIBC RUN FOR THE CURE STEPS OUT FOR BREAST CANCER

In 1997, CIBC became the title sponsor of the Canadian Breast Cancer Foundation's Run for the Cure. Now in its 21st year, the Canadian Breast Cancer Foundation CIBC Run for the Cure is the largest single-day, volunteer-led fundraiser dedicated to raising breast cancer funds and awareness.

The 2012 CIBC Run for the Cure will take place Sunday, Sept. 30, in 60 communities across Canada.

Karen Ringstead, the B.C. and Northern Territories run champion, will take part in the CIBC Run for the Cure once again, her 18th year of participation. She lists her favourite moment as watching a recent survivor — a CIBC employee — with her whole family being cheered by Team CIBC upon crossing the finish line.

"I don't want to see cancer move into the fourth generation in our family," says Karen, whose great-grandmother, grandmother, great aunt and mother have all battled breast cancer. "I think it's so important to create awareness of early detection, minimizing risk and how we all can make a difference in fighting against breast cancer."

This year, an estimated 23,000 Canadians will be diagnosed with breast cancer. Most people who take part in CIBC Run for the Cure events have been touched by breast cancer in some way; it's an emotional connection that many Canadians have shared.

Last year, close to 170,000 CIBC Run for the Cure participants raised more than $30 million in events held across the country to fund research, education and awareness programs that are making a difference in the lives of Canadians affected by breast cancer.

More than 13,000 CIBC employees and volunteers helped Team CIBC raise more than $3 million through the collection of pledges, fundraising and contributions from the CIBC Pink Collection.

"Our involvement started with a handful of dedicated and passionate employees and has grown into an important part of the fabric of our organization," says Christina Kramer, CIBC's executive vice-president and national run champion.

The events themselves have a festive air about them; teams and other groups of family and friends, some with kids in strollers and others with dogs, will walk or run the route together. Some will wear pink wigs or boas; others will carry pink balloons and banners. White T-shirts will proclaim the slogan, "Who are you running for?

There will be lots of breast cancer survivors walking and running, too. Somewhere near the starting line, participants can post personal messages for loved ones and others on the Wall of Hope.

To find out how you can get involved to help raise funds and awareness, visit runforthecure.com. *– Jane Doucet*

FACTS & FIGURES

- CIBC became the title sponsor of the Canadian Breast Cancer Foundation's Run for the Cure in 1997.
- Now in its 21st year, the Canadian Breast Cancer Foundation CIBC Run for the Cure is the largest single-day, volunteer-led fundraiser dedicated to raising breast cancer funds and awareness.
- In 2011, CIBC Run for the Cure events raised more than $30 million to fund research, education and awareness programs that are making a difference in the lives of Canadians affected by breast cancer.
- Last year, Team CIBC raised $3 million through contributions to the CIBC Pink Collection, fundraising events, and the collection of pledges.

CIBC PHOTO

CONNECTING VIA SOCIAL MEDIA

CIBC is using social media to inspire Canadians to get engaged, share their stories and register for the CIBC Run for the Cure, which is taking place across Canada on Sunday, Sept. 30.

This year, CIBC introduced two innovative social media initiatives to connect with as many people as possible in the Canadian Breast Cancer Foundation's CIBC Run for the Cure.

The first is to create your own video using the CIBC For All My Girls MashApp on Facebook. Here, you can upload your favourite photos and videos of family and friends who have inspired you to take part in the CIBC Run for the Cure.

You can also choose from a selection of music tracks and add captions. Check out the Mashapp on Facebook at CIBC Community Matters, where ET Canada host Cheryl Hickey introduces a how-to video.

The second is making a personal Pinspiration for a Cure board by using Pinterest. You can pin and re-pin inspiring images, videos and content, anything from healthy recipes to workout and training tips.

GIVE THE GIFT OF PINK

Tote bag, $5

Teddy bear, $10

Last year, through the generosity of CIBC clients, employees and the general public, more than $1.9 million was raised through fundraising events and contributions from the CIBC Pink Collection of products, which is available exclusively at CIBC branches across Canada.

The 2012 CIBC Pink Collection features a friendship bracelet for $2, a shoelace lapel pin for $3, a tote bag for $5, a keychain for $6, and a teddy bear for $10.

"CIBC is proud to support the Canadian Breast Cancer Foundation because of the work they do in not only finding a cure but in prevention and early detection as well," says Christina Kramer, CIBC's executive vice-president and the national run champion. "Our CIBC Pink Collection is another way to show our support and raise awareness for such an important cause."

The 2012 CIBC Pink Collection was officially launched at branches across Canada on July 26. CIBC works with suppliers to create products and also takes ideas to its employees for the input.

"The foundation continues to be inspired by CIBC's ongoing commitment to the CIBC Run for the Cure," says Kramer. "The funds raised by the CIBC Pink Collection, in addition to Team CIBC fundraising and volunteer support, is a testament to the tremendous dedication of CIBC's staff and clients toward our vision of creating a future without breast cancer."

It's imperative to the program that the most possible money goes back to the Canadian Breast Cancer Foundation (CBCF). In fact, 100 per cent of net proceeds from the pink products support the CBCF.

CIBC Pink Collection "hangtags" identify the product and the cause; they also show the suggested contribution amount. People usually contribute the suggested amount on the hangtag, if not more.

To view the CIBC Pink Collection, visit cibc.com/cibcpinkcollection or drop by any branch. Quantities are limited and available only while supplies last.

– Jane Doucet

CREATE A FUTURE WITHOUT BREAST CANCER

CIBC PHOTO

In August, CIBC and the Canadian Breast Cancer Foundation (CBCF) issued the Corporate Spirit Challenge to the Canadian business community to enter a team in the 2012 CIBC Run for the Cure runs and walks taking place across the country on Sunday, Sept. 30. Their participation would help raise money to fund research, education and advocacy for breast cancer.

"Team CIBC is passionate about supporting the CBCF's vision of creating a future without breast cancer," says Christina Kramer, CIBC's executive vice-president and national run champion.

"Through the Corporate Spirit Challenge, we invite companies of all sizes across Canada to get involved by registering a team in Run for the Cure events."

Over the years corporate teams have had an enormous impact, raising more than $5 million in 2011 alone to help make a difference in the lives of those with breast cancer and their loved ones.

To recognize corporate participants' dedication and significant contributions, the CIBC Corporate Spirit Award will be presented to the top fundraising team at each CIBC Run for the Cure site across the country on Sept. 30.

A returning corporate team is the Fairmont Royal York in Toronto. "The CIBC Run for the Cure allows us to unite in support of a cause that has impacted our hotel team, their families and our guests," says Heather McCrory, CIBC Run for the Cure team captain and Fairmont Royal York regional vice-president and general manager.

The leadership of the corporate team members, who volunteer their time and who fundraise in support of the breast cancer cause, is truly inspiring.

"The employees who take part in the CIBC Run for the Cure through corporate teams make it possible for the foundation to continue funding the most promising breast cancer research and supporting the breast cancer community across the country," says Sandra Palmaro, CEO of the Canadian Breast Cancer Foundation–Ontario Region.

CIBC is a prime example of corporate stewardship; it became the title sponsor of the CBCF's Run for the Cure in 1997.

"We aim to make a difference in communities through corporate donations, sponsorships and the volunteer spirit of our employees," says Kramer. "We have been very proud to partner with the Canadian Breast Cancer Foundation for so many years as part of our long-term commitment to this important cause."

– Jane Doucet

STUDENTS TAKE UP THE CHALLENGE

CIBC and the Canadian Breast Cancer Foundation (CBCF) have once again issued a challenge to Canada's college and university students to see who can raise the most money for breast cancer research, education and awareness initiatives.

"The goal of the Post Secondary Challenge is to encourage students to participate in a way that is both meaningful and fun," says Christina Kramer, CIBC's executive vice-president and national run champion.

By taking part in the challenge, students are making a difference to a very important cause while also getting a chance to win a concert for their school fundraising team and a CIBC Education Award to help fund their post-secondary education.

Students can register a CIBC Run for the Cure Post Secondary Challenge team and raise funds online. The top 10 student fundraisers and the top student fundraiser in each of the five CBCF regions can win a $2,500 CIBC Education Award. In addition, the top fundraising school team or teams will win a concert by Walk Off the Earth, a five-piece band based in Burlington, Ont.

For more information and full contest details, visit CIBC Student Life on Facebook or runforthecure.com/psc.

Third album of exploratory Yeasayer welcomes you to a Fragrant World

Layering sounds. Brooklyn act enjoy task of experimenting while keeping music fresh, interesting

LUKE O'NEIL
scene@metronews.ca

Chris Keating of Yeasayer performs at Los Angeles State Historic Park on September 2. KARL WALTER/GETTY IMAGES

For an experimental-minded band with an ear for hooks, there's a fine line to walk between pushing new sounds forward and maintaining a larger audience's attention. That's the dichotomy at work in the music of Yeasayer, the Brooklyn band that released its third record, Fragrant World, late last month.

The follow-up to their breakthrough indie hit Odd Blood picks up where that eclectic mix of far-flung rhythms, synths and off-kilter dance beats left off, on songs like Longevity, a churning layer cake of sound that squiggles and glitches, but coalesces into a romantic, multi-tracked harmonized groove "That's the challenge, right? Trying to make some interesting sounds, but have them work in a three-and-a-half to four-minute context," says vocalist Chris Keating.

"Trying to walk that line between experimenting and still have interesting melodies that are accessible, it's part of the fun."

Theirs is a process of stuffing as many tracks into one song as possible, says Keating.

"We'll build up songs until they're sky-high and start to strip away for a lot of it."

He says it's a technique he's long admired in Prince.

"We pile on ideas, then strip away a lot of the middle and lower layers, and leave this floating melody."

It's not 'world music'

The band, somehow saddled with the "indie world music" moniker, says that was an inside joke that's gotten out of hand.

- **"It's clearly inaccurate," Keating says. "I think some of that is subtle, not intentional, racism. Because we have a guy in the band who happens to have dark skin and an Indian background, people talk about 'that world-music band.'"**
- **A lot of their songs are three different tracks chopped together.**

SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 45

Paloma Faith's new album is Fall to Grace and its polished songs will break your heart. GETTY IMAGES

Paloma Faith's new album plays out like a soundtrack to heartache

Fall to Grace. Sad songs say so much; 'a broken heart beats beneath' the tunes on Grace

PAT HEALY
scene@metronews.ca

With tabloids touting headlines like "Pregnant Adele's joy," you might find yourself thinking: "That's great that she's happy, but where am I gonna get my fix of sad songs sung by soulful British women?"

The answer to your checkout-line musing is Paloma Faith's new album, Fall to Grace. With lyrics like "This is agony, but it's still a thrill for me" and "Falling never hurts, but landing does" paired with classic soul song structures and shamelessly contemporary pop production, Grace is your latest soundtrack to heartache.

Faith, a tabloid fixture in her own right in the U.K., even helped Adele's career kick off.

"I just kind of gave her one of her first gigs," she says humbly. "I didn't give her her start. She gave herself her start." Faith doesn't mind the comparisons: "If it was somebody who wasn't doing quite as well as her, I might feel strange. But honestly, if I could have a tenth of the success that she's had in the U.S. then I'd be smiling forever into my grave."

Smiling into the grave is what Grace is all about. Songs are hooky and polished, but a broken heart beats beneath.

"There were songs on the record that were produced to sound super hopeful, but when you listen to the lyrics they're sad," she says. "I wouldn't say it's a tragic record. It's a realistic record."

Back to basics

With such a pop sheen, courtesy of producer Nellee Hooper, it's hard to believe that Paloma Faith will be bringing these songs to small watering holes. "It's very sort of back-to-basics for me," says Faith. "The venues are small, and I can't bring my full setup."

- But she's not complaining. "The bigger you get with the production, the less you can do with spontaneity," she says. "You've got to plan with the lighting people and plan with the sound engineer what you're going to do, whereas this is more stripped back." In so many ways the small watering hole is appropriate for a soulful album like this.

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THE LOS ANGELES TIMES

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Do Britney, Demi have the X Factor?

Television. Singers bring experience and youth, respectively, to the judging table

AMBER RAY
Metro New York

With a new season of The X Factor premiering last night, we take a look at new judges Britney Spears and Demi Lovato to see what they bring to Season 2 of the show.

BRITNEY SPEARS

Why she joined the show
Spears began thinking about the show thanks to an unlikely source — the makeup artist she shares with Simon Cowell. "We talked about (The X Factor) a couple of times when I was on tour, but really never took it seriously until she went back and she started working for him," Spears says of the go-between. "Then we just all met up, and it made sense."

What she brings
Few have weathered the ups and downs of stardom the way Spears has.

"I've been able to help this talent come in and achieve their dream, and I can relate to them ... because I started out at such a young age. I know the foundation and the depth of what you go through (to achieve) your dream," she says.

Simon says
"I'm not going to lie about this. I always said the No. 1 person I always wanted on one of these (singing competition) shows was Britney," Cowell admits. "She's a really, really good judge. Britney's quite mean, which you'll discover."

Show time

- The X Factor airs Wednesdays on CTV.

Britney Spears. HANDOUT

Demi Lovato. HANDOUT

DEMI LOVATO

Why she joined the show
Lovato had dreams of auditioning for American Idol — not that the former Disney star needed that show to achieve fame — but found her way onto a reality competition regardless.

"By the time that I turned 19, here I am sitting on the panel with (Cowell, the former Idol judge). I never thought that I would be doing this. It's such an honour."

What she brings
Lovato — who has worked in the industry for 10 years, or half her life — views her youth as an advantage.

"The expertise that I'm able to contribute is ... I know what my friends like," she says.

"We're in our early 20s and late teens, and it's a really interesting thing when you bring a much younger demographic into the competition. (Teens are) really great judges. We know what is needed in this industry."

Simon says
"Demi is a brat," Cowell says with characteristic bluntness, then adds, "but there's something really likable about her as well.

"(She is) one of the hottest new artists around at the moment."

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‘It’s the kind of thing you don’t say no to if you’re in comedy’

Kenan Thompson, left, is pictured with Seth MacFarlane earlier this week on the set of Saturday Night Live. MacFarlane will host the season premiere this Saturday, with musical guest Frank Ocean. HANDOUT

Comedy. Family Guy creator Seth MacFarlane opens SNL season as guest host

You might think Seth MacFarlane has a show-biz bucket list.

By now, he’s checked off ventures like his animated TV shows (led by Family Guy), his recording of show tunes, live performances at Carnegie Hall and this summer’s film comedy, Ted, which he directed, wrote and provided the title character’s voice for. Now MacFarlane will serve as guest host this week for the season premiere of NBC’s Saturday Night Live. Was this just the next gig on his to-do list?

“Not exactly,” MacFarlane said Tuesday. “When things come up, I tackle them if they sound fun. That’s how I decide what to do and what not to do. It’s what sounds like it’s going to be a good time.”

But there’s another reason he was reporting to Studio 8H.

“They asked me,” he explained. “It’s the kind of thing you don’t say no to if you’re in comedy.”

For a multimedia comedy impresario, MacFarlane might not seem ideally suited to SNL, where he is being treated warmly, but not in his customary role as the boss.

“It’s always a nice break to *not* be the guy in charge,” he insisted. And with his edition of SNL being polished off in just a week, the routine should prove a refreshing change, too.

“It’s the complete antithesis of the nine months it takes us to do one episode of an animated series.”

While MacFarlane arrived Monday with a few sketch ideas, “this is a large writing staff that’s well equipped to do what they do,” he pointed out. “I sat in on a pitch where writers threw out a bunch of one-line sketch ideas, and there were a lot of hilarious ones. There’s no shortage of fresh stuff.”

But along with comedy, will the silver-throated MacFarlane sing a song on the show?

“Possibly,” he said. “But it’s too soon to tell.”

As the series begins its 38th season (Saturday at 11:30 p.m. ET), MacFarlane will be sharing the bill with musical guest Frank Ocean. Meanwhile, cast member Cecily Strong and featured players Aidy Bryant and Tim Robinson will be joining the troupe. THE ASSOCIATED PRESS

Future plans?

- Looking beyond Saturday, MacFarlane said future projects he’d like to do include another film and even maybe an on-camera acting role.
- “We’ll see if this weekend is a disaster or not,” he hedged. “But I do like trying things I haven’t tried before. It kind of gets the blood going.”

Marvel Comics

Professor X killed by Cyclops

Fifty years after Charles Xavier banded his first class of mutants together as the X-Men, the telepath-turned-team builder has been killed by one of them.

The erstwhile teacher, who trained mutants in Marvel Entertainment’s X-Men comics through the years, was felled in the latest issue of Avengers vs. X-Men by none other than Scott Summers.

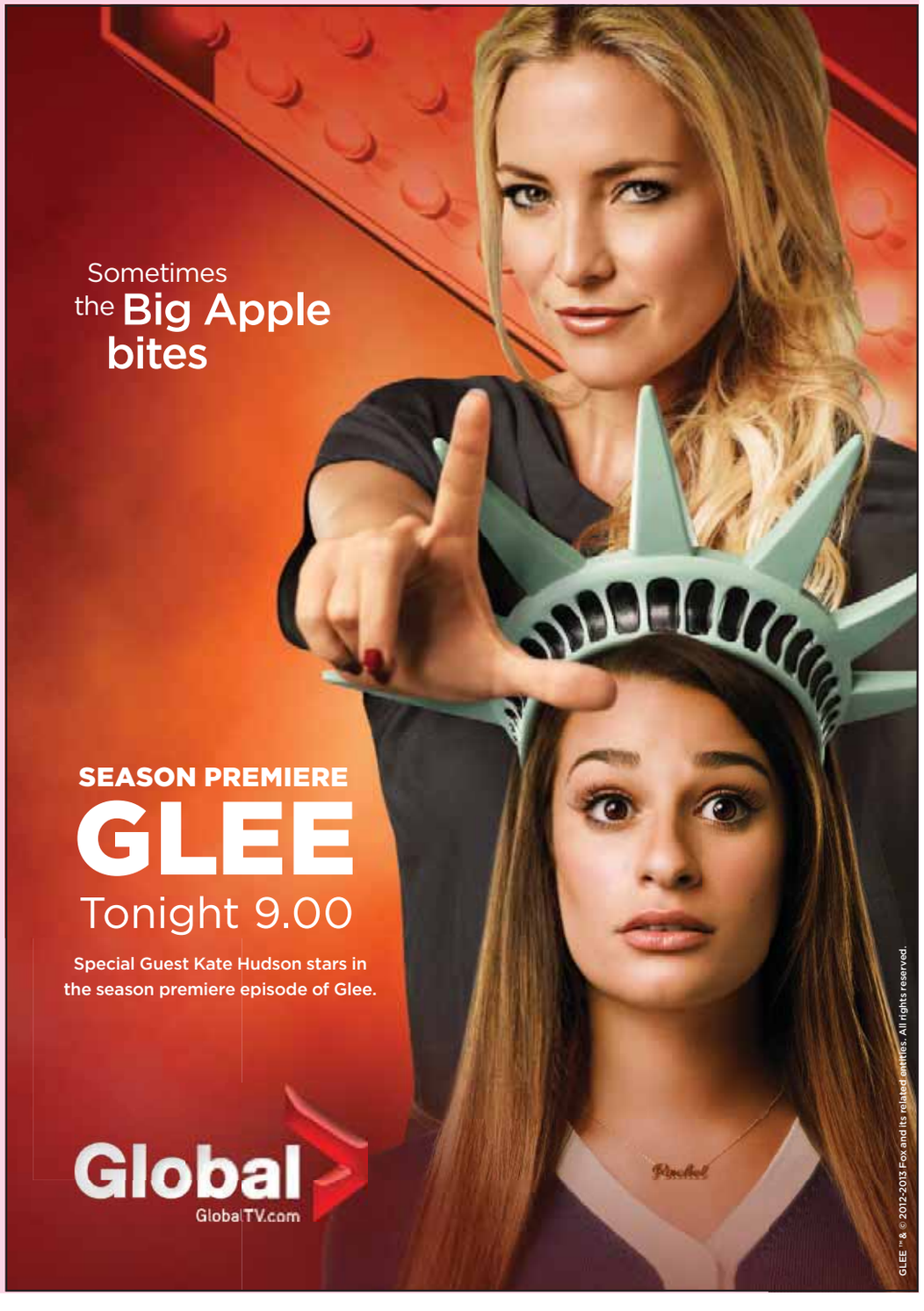
The 11th issue of the limited-series was released Wednesday.

Summers, a.k.a. Cyclops, was one of the team’s founding members and was a near constant member through its various incarnations.

In the current series, he’s been taken over by the Phoenix force and is lashing out, violently.

Marvel Editor-in-Chief Axel Alonso said it was not writer Brian Michael Bendis’ initial intent to kill the character off, but “as the story progressed it became obvious that this had to be the last stand of Charles Xavier.”

He says the mortal blow will have ramifications that will reach into new titles coming this fall, including Uncanny Avengers and All New X-Men later this fall. THE ASSOCIATED PRESS



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The Perks of Being a Wallflower opens Sept. 21. HANDOUT

Need a good reason to get out of the house with your spouse?

Date-night movies.

From tween love stories to the more serious, there is something for everyone this fall

HEIDI PATALANO
Metro World News

There's nothing like a movie that examines the nature of relationships to put your own under the microscope, but these selections will make the process less painful.

The Perks of Being a Wallflower, Sept. 21 (limited)
Stephen Chbosky's book by the same name has often been considered a modern classic in young adult literature. Directed by the author, this film also boasts Emma Watson in one of her first post-Potter outing.

Quote

Hopefully all your tears will have dried from the demise of Robsten by the time promotion of this film requires that the two actors offer squirm-inducing explanations for their public breakup.

Pitch Perfect, Oct. 5
Find yourself having Glee withdrawal? Hollywood will keep you supplied with the high school musical smack that'll keep you going till the next fix. Anna Kendrick, Christopher Mintz-Plasse and Brittany Snow star in this film about an all-girls a-capella group determined to crush their male opponents in a singing competition.

Twilight Saga: Breaking Dawn — Part Two, Nov.16
Hopefully all your tears will have dried from the demise of Robsten by the time promotion of this film requires that the two actors offer squirm-inducing explanations for their public breakup during an excruciating series of interviews. There's not enough ice cream in the world that will make this better.

Silver Linings Playbook, Nov. 21
It's a bit hard to imagine Bradley Cooper as a broken man freshly checked out of the mental institution, but we think he has the chops to convince us.

Metro at *tiff*

Saoirse Ronan says Byzantium isn't like any other vampire film that's been made before. GETTY IMAGES

Saoirse Ronan blazes trail in the dark landscape of vampire flicks

Byzantium. Actress was drawn to unique story line of thriller

NED EHRBAR
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Eighteen-year-old Irish actress Saoirse Ronan was on board right away for Neil Jordan's new vampire film Byzantium, but don't assume it's because she's a Twilight fan. In fact, Ronan goes out of her way not to use the T-word in describing what makes Byzantium such a unique entry into the genre.

"It wasn't like... anything else really, that'd been made so far — or recently — about vampires," she says. "I think if it hadn't been told in the way it was, this film, it would've probably frightened me off a little bit just because there's been so many vampire films."

While she won't mention Twilight, Ronan is more than happy to talk about Interview with the Vampire, Jordan's previous foray into the vampire world. "It was quite a while ago now," she says of first seeing the film. "I fell in love with Kirsten Dunst in it. I love her anyway, but I just thought she was so brilliant in it, so feisty."

Despite the out-there roles she's drawn to, Ronan insists she's a typical teenager. "I still live at home. I'm just an 18-year-old. I don't live a Hollywood lifestyle or anything like that," she says. And like a normal 18-year-old, she has college plans — sort of. "I would like to go to college.

You have to just commit to it, especially with what I do," she explains. "You have to just go, right. I'm going to take a year off, I'm going to go to college or I'm going to travel..."

Though Ronan isn't easily fazed — especially considering some of the roles she's played before — her work in Byzantium was a bit different — and harder for her to watch. "There's one scene in it that actually freaked me out. Usually I don't like watching anything that I do, but this movie really affected me," she says.

"When Frank (played by Caleb Landry Jones) is taken away to the hospital, and the bloody handkerchief is on the ground and I pick it up, and it's in slow motion and my eyes are crazy, I look a bit wild."

Exclusively online

metronews.ca

- **Party updates.** Wondering what celebs were in town this weekend, and where they partied? Visit metronews.ca/tiff for Notable.ca's Julian Brass' nightly updates.

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A father's warning became impetus for thriller set in the Middle East

Inescapable.
Ruba Nadda recalls her dad worrying about her travelling alone while promoting her first film

IAN GORMELY
scene@metronews.ca

Ruba Nadda wrote the script to Inescapable while she was working on Cairo Time. 'It was a survival mechanism,' she says. MICHELLE SIU/THE CANADIAN PRESS

When it came time to follow up her acclaimed 2009 picture Cairo Time, it seems as if filmmaker Ruba Nadda decided to follow the old adage, "if it ain't broke, don't fix it."

Inescapable, a thriller set against the omnipresent police state of Syrian president Bashar al-Assad, once again finds actor Alexander Siddig flouncing around a Middle Eastern city. Except where last time he was trying to woo Patricia Clarkson in Egypt's capital, Inescapable finds Siddig in Damascus desperately searching for his missing daughter.

The similarities probably stem from Nadda's unorthodox writing style, which found her working on both scripts at once. "I'd get stuck on one and then move on to the other admits the writer-director. "It was a survival mechanism."

Both Siddig's roles in Cairo Times, which won best Canadian Feature Film at the 2009 Toronto International Film Festival, and Inescapable were written with him in mind. "He's the quintessential Arab man," says Nadda, who holds both Canadian and Syrian passports. Images of Arab men in the media, she says, have created misconceptions. "What better way to show this than in this universal setting of someone going to the ends of the earth to save their daughter?"

That concept came from her father while touring through the Middle East with her first film, Sabah in 2005. She checked in with her father, who was concerned about Nadda travelling alone. "He was like, 'Whatever happens, don't go missing. Don't make me come after you,'" she recalls. "And so I was like, 'Dad, that's a really good idea. I'm going to write a movie about that.'"

Like Siddig, Nadda had Joshua Jackson in mind when creating the amoral Canadian diplomat he plays in the film, although Jackson had no idea when he first read the script. "It was a more interesting character than I had been offered in a while," he says. It wasn't until their second meeting that he found out he had been her first choice all along. With Syria an obvious no go, Nadda opted to film in Johannesburg, South Africa. Yet, despite enthusiasm on both sides, Nadda had to accommodate Jackson's schedule with the TV series Fringe, which left him just a week for filming. "Poor guy. He flew 22 hours, shot the same day, stayed a week and then flew back," says Nadda. "I can't wait to work with him again."

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Director Brian De Palma with Rachel McAdams. MICHELLE SIU/ THE CANADIAN PRESS

Fiery female leads, onscreen craziness and festival crowds

Brian De Palma. The director of Passion, starring Rachel McAdams, breaks new ground and loves every minute of it

NED EHRBAR
TIFF@metronews.ca

Brian De Palma's latest pulpy thriller, Passion, pits Rachel McAdams and Noomi Rapace against each other as ad agency colleagues who are out for blood after McAdams takes credit for Rapace's idea for an ad. There's a lot of craziness going on in the film, including more than a little intimacy between its female leads — most of which, De Palma insists, was all improvised.

Rachel McAdams and Noomi Rapace both get the chance to really hit the crazy button.
That's right. I mean, it's like with Rachel — that phone call. When she gets the phone call from the guy who cancels the date, she heaved the phone (across the room). I forget which take that was (laughs). Wow! Unbelievable. And then she picks up the phone and figures out whatever she's going to do next. She calls up an old lover and says, "You want to come over?"

There is a lot of fluid female sexuality in this movie.
I just let the girls go with the scene and just sat back to see what would happen. The way that Dani (played by Karoline Herfurth) offered herself to Isabelle (played by Rapace) — "Kiss me!" — and then starts to undress her (laughs)! All the girls, all their intimate stuff, was all improvised. They just play it. They play it like they would play it if... They make it as real as possible. If something's not working, we try something else, but they were all fantastic, and it was just fascinating to watch them.

Rachel McAdams' character feels a lot like a grown up version of her character from Mean Girls. Had you seen that film already?
Of course. Oh, I knew Rachel could play it. I'd seen her play it before. Playing a dark, manipulative lady is a hell of a lot of fun, and she had a lot of fun doing it.

You use a split-screen during pivotal scene in the film. How have the reactions been to that?
It seems to work. Everybody seems to talk about it a lot. It's not like I just have a paint box of things I want to stick in my movies. I look at the scene, and I think what's the best way to shoot this? Also, I've never done a murder where you have a split-screen and you have these two fantastically beautiful women on each side, and then suddenly a knife slashes somebody's throat and you see somebody with a mask splattered with blood. I'd never done it before.

Have you heard anything from the makers of viral video you recreated in the film?
I haven't heard anything. But, yes, I saw it on the Internet and I basically copied it for the movie. It went viral, everybody thought it was real, but in reality it was two advertising executives (in Australia).

You didn't have to reach out to them about using the idea?
No. I think advertising copies everything, basically. I don't think they get worried about being copied themselves.

What's your take on festival audiences?
Oh, a festival audience is the best audience in the world, especially for a director like myself. There will be De Palma fanatics out there in the audience, so it's not like you're in front of a hostile audience. They're the kind of people that love your movies and want to see what you're doing. And Toronto especially has very enthusiastic audiences. Needless to say, I've brought so many movies here to the festival and seen the audiences' reactions.

In tomorrow's Metro

"It's a story people are interested in. They want to know more about it. They want to know where he came from, who he is, what he's done. You want to be provocative with a film like this." — Robert Connolly, writer/director of Underground, a film about a 17-year-old Julian Assange and his first run-in with the law, which screened at TIFF.

Check back tomorrow for a full discussion with Connolly about the film, Assange and efforts by the powers that be to keep information secret. METRO

Underground. HANDOUT

Reunited with Bill

Head online for Metro's chat with Olivia Williams, who re-teams with Bill Murray 14 years after Rushmore in Hyde Park on Hudson, taking on the daunting roles of Franklin and Eleanor Roosevelt. That video and more are at metronews.ca/tiff. GETTY IMAGES

The most wonderful time of the year

VIP access. TIFF extends last call time and makes the VIP scene more exclusive

JULIAN BRASS
notable.ca
tiff@metronews.ca

Jennifer Lawrence, left, Woody Harrelson, film maker Sam Taylor-Wood, and actor Aaron Johnson attend The Weinstein Company film premiere party. ALEXANDRA WYMAN/GETTY IMAGES

TIFF marks a special time of year. It's when Toronto's nightlife is amped up to reflect the likes of New York and London, complete with all the familiar faces from Hollywood and Toronto party circuit. The extended 4 a.m. last call keeps party people out late — no matter how early they have to get up the next day.

At a TIFF party, it is all about the VIP scene, which goes hand in hand with getting access beyond the red ropes and massive bouncers. You never know who you will run into in the VIP areas — from the actors and agents to the city's most connected socialites.

What do we expect the VIPs to be sipping on? Generally the brands we're seeing are Grey Goose, plenty of Red Bull, Patron, Moët and Chandon, Jack Daniels, Veuve Cliquot and shots of tequila.

The servers better be on their game, too. If celebrities are not happy at one place, they will leave for the next or simply take the party back to their fully stocked hotel suite.

If you do happen to find yourself inside one of TIFF's coveted parties or celeb-filled VIP areas, the number one rule is to act like you belong there-even if you don't (not that this applies to you, of course).

This means no over-the-top celeb gawking, attempting to make strategic small talk and (especially!) no asking for autographs or pictures.

What are the hot ticket celeb spots this year? Storeys, The Thompson Hotel Rooftop, Ritz-Carlton, Soho House, The Spoke Club, Weslodge, Cube, F-Stop and the not yet open Patria have been celebrity-infused venues. The newly opened Shangri-La has been a favoured location for some of the festival's largest and most coveted parties.

Apparently, there has been no shortage of late night gatherings at Trump Toronto either.

Hanif Harji, owner of Storeys, F-Stop, new restaurant Weslodge and Patria has been working round the clock this TIFF. Storeys features the AMC Storeys Lounge for celebrities to hang out and has hosted 22 film post and pre-parties.

To accommodate the overflow, soon-to-open Spanish restaurant Patria has acted as an event space for after parties. The festival required Harji and his team hire two full-time event planners for six weeks prior to the festival and two weeks after it ends.

If you can't quite make the cut into a hot-ticket party or swanky hotel bar, worry not.

Many clubs take advantage of the festival and the opportunity it presents to serve alcohol two hours later than the regular 2 a.m. last call. To party in true TIFF style, splurge on bottle service for the evening.

Getting a table may be the only means of access to some clubs, unless you want to spend the entire night in a line-up. If your plans involve hot spots like F-Stop, Harji admits that during TIFF, guest list comes with no guarantees and to call earlier in the day. JULIAN BRASS, FOUNDER OF NOTABLE.CA, WILL BE IN THE MIDST OFF ALL THE STAR ACTION DURING THE TORONTO INTERNATIONAL FILM FESTIVAL. BE SURE TO CHECK OUT HIS DAILY UPDATES AT METRONEWS.CA/TIFF

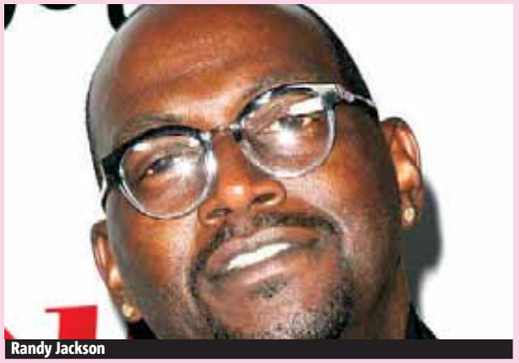
Twins for Sookie

True Blood stars Anna Paquin and Stephen Moyer became parents twice over this week, according to Hollyscoop.

"We can confirm that Anna Paquin and Stephen Moyer recently welcomed their twins into the world," their rep announced.

"The babies were born a few weeks early, but are in good health and both mom and dad are overjoyed." The twins mark the first children for Paquin, while Moyer has two children from a previous marriage.

Randy's back, dawg!



Randy Jackson

It looks like Randy Jackson won't be bounced from the judges' table on American Idol after reports leaked that he is close to signing a deal to keep him in his old spot on the hit reality competition show, according to Deadline.

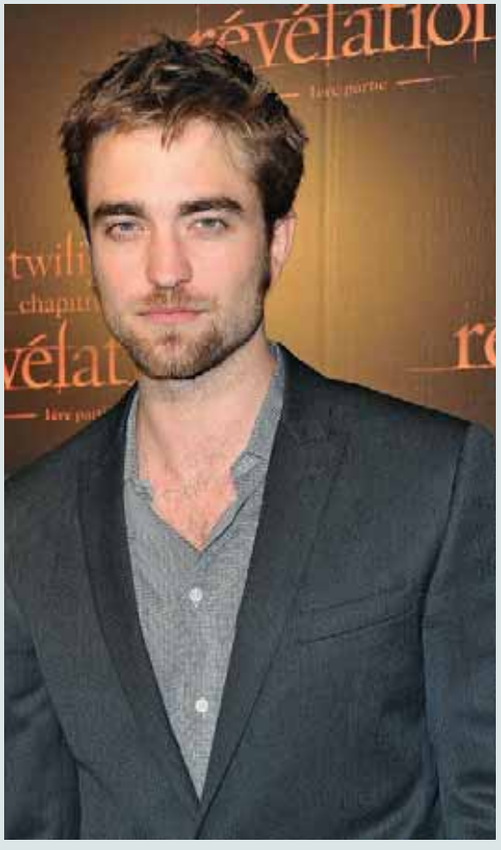
Rumours had circulated that Jackson, the only remaining judge from the original version of the show, would be moved to a "mentor" position for the new season.

But it looks like that's not happening.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Rob and Kristen back together?

When Kristen Stewart told the Associated Press last week that she and Robert Pattinson would "be fine," maybe she knew more than she was letting on, as sources say the pair are secretly back together, according to Lainey Gossip.

"It was communicated to people during the Toronto International Film Festival that they are (back together) but they're worried about how it might affect (Rob's) career, like whether or not there will be some kind of crazy backlash or something," the source says.

Blake Lively. ALL PHOTOS GETTY IMAGES

No liquor for Lively

With her marriage to Ryan Reynolds last weekend on the books, Blake Lively apparently isn't wasting any time getting their domestic life going.

"I've always wanted a big family. Oh, I'd love 30 kids if I could," Lively says in the latest issue of Allure.

The Gossip Girl star also lives a pretty clean life free of drugs and alcohol — and nightclubs.

"The music is so loud, you can't have a conversation with somebody," she says. "If I were an amazing dancer, yeah, I'd go, but I'm definitely not."

Twitter

@ActuallyNPH
Hi Twitterland. Sorry for my lack of tweets recently. Apparently I have babies and stuff. I'll try harder. xo

@Pink
Holy Sh*t!!! MOM!!!! I got an A!!!! Thanks Entertainment Weekly!!!! My first A outside of study hall!!!!

@Venuseswilliams
Just wanted to send a big thank you to the NYC crowd at my us open this year. I've never felt such love and support, thank you!!!

@GarryShandling
My therapist just told me that I'm better than I was four years ago.

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LIFE 3

New York's finest

New York Fashion Week is proving that next spring's style-savvy girl is street-smart, sophisticated and loves her stripes

TINA CHADHA
life@metronews.ca

PETER MICHAEL DILLS/GETTY IMAGES

Marc Jacobs

At Marc Jacobs' Spring show, models done up in severe side partings and smudgy black eyeliner reminiscent of Edie Sedgwick stormed the runway in bold black, maroon and beige stripes. The graphic appeared on shrunken blazers, trapeze jackets and low-slung midi skirts. Unlike the denizens of the Factory though, Jacobs' girl is a careerist. Curvy dresses with scalloped hems, sensible skirt suits with long, lean silhouettes and ruffle collar separates would fit right in at an office but the midriff-baring cropped tops, including a black, full-sleeve version featuring Mickey Mouse, not so much.

Donna Karan

Donna Karan struck gold with her choice of materials for her spring line. Sheer jersey and paper linen molded perfectly to create architectural silhouettes and artful pleats and folds. But the natural, organic feel of the fabrics paired with Karan's use of dusty, cold-dyed colours gave the collection a dreamy tone. This effect of sharp lines and soft shades was meant to evoke "sunrise and sunsets in the city" – you know, those pretty moments when light reflects off skyscrapers. The cool, cropped jackets, worn over empire waist dresses, will be just what a city girl needs when those buildings' air conditioning kicks into gear.

NEILSON BARNARD/GETTY IMAGES

SLAVEN VLASIC/GETTY IMAGES

Tommy Hilfiger

Tommy Hilfiger transported showgoers at the Highline back to the Hamptons for one last Fourth of July-type seaside soiree. With hurricane lanterns hanging over a deck-like runway, models sailed by in bold red, white and blue striped looks. Some read cool (the double-breasted blazers and chunky cardigans) and others too patriotic (a preppy navy jacket over a red, white and blue striped shirt and trousers). The colours then came in zigzags on dresses and one-piece halter swimsuits before winding up on the trim of plain white shifts. Breton stripes were also big (on cotton schoolboy shirts and leather tops), as were chunky cable knit sweaters.

DKNY

For her spring show, titled Reflections of New York Donna Karan aimed to define a girl living the big city dream. She's ambitious: smart workwear separates such as boyfriend blazers and knee-grazing pencil skirts came in leather and colour-blocked, textured linen. She's ready for whatever comes her way: the bodysuit played double-duty as a bathing suit, and models wore fanny packs. She's street smart: sporty mesh and leather detailing, camo prints, fitted black baseball caps and heeled sneakers exuded an urban tone.

PETER MICHAEL DILLS/GETTY IMAGES

NEILSON BARNARD/GETTY IMAGES

Rebecca Taylor

The biography of Beach Boy Brian Wilson transported Rebecca Taylor to one of her favourite vacation haunts: Hawaii. But while her imagination sipped on mai tais, this hard-working woman spent the summer in New York. The two worlds harmonized perfectly in her spring collection: Sunny, hibiscus floral prints came cut in sharp, strong silhouettes, while polished dresses were made tough with studded collars and worn under moto jackets in laid-back, faded denim or poppy turquoise leather. And for post-sunset, a nude, silk studded cocktail number featured cheery ocean blue straps, perhaps to remind you of paradise even when you're stuck in the city.

On the web

Qriket

Avril Lavigne says after debuting spring line for Abbey Dawn she may make own wedding dress

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The Kit

Canadian street style

Spotted in: Vancouver

Sarah

Head of display department for Holt Renfrew

Age: 45

What she's wearing
Claire's necklace, Joie dress, Foley and Corinna bag, Payless shoes

Her inspiration
"Summer nautical. Preppy with a fun twist."

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JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND, AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@Jeanne_Beker: En route to NY for Fashion Week! Better late than never. Jam packed sched. Just hope my stilettos don't give me grief. Will keep you posted!

@Jeanne_Beker
Brocade coats, cotton knits, graffiti prints, yummy color + thick socks with platform sandals. This is what cool girls wear @mbymarcjacobs

@Jeanne_Beker
"It's just about imagining yourself as the best you your can possibly be" says Laura Mulleavy bkstg @officialRodarte

@Jeanne_Beker
Bkstg @VeraWangGang tells me she's inspired by all the travel she does "in her mind". Loved her Indian influence with twist of modernity!

@Jeanne_Beker
Great graphic lines + bold colour @MichaelKors

@Jeanne_Beker: With Canada's @jeremylaing talking about the heady philosophy behind his fashion at #NYFW

@Jeanne_Beker: First look @MichaelKors take on optimism for SS13 #NYFW

@Jeanne_Beker: Modern day lady knights sizzle @officialRodarte

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The Kawartha region was originally called Ka-Wa-tha, an Ojibwa word meaning the "land of reflections."

The beauty of its many shining lakes and waterways, stretching south to Lake Ontario, is truly reflected in the area's vast cultural and creative heritage. And there is no better time to experience its true artistry than over the coming weekends.

WEEKEND OF SEPT. 15-16

A short drive from Toronto, on Buckhorn Lake, is the Curve Lake First Nation Pow Wow. Enjoy dancing, singing and traditional performances reminiscent of the ancient aboriginal's ways. Near the celebration is the Whetung Ojibwa Crafts and Art Gallery offering a spectacular collection of Indian crafts, fine art, sculpture, masks, leathers, music and jewelry.

The Apsley Autumn Studio Tour is a self-guided tour of local studios tucked into beautiful, scenic locations where local artists present new and exciting works created specifically for this annual event.

WEEKEND OF SEPT. 22-23

In Buckhorn, visit the Gourd and Creative Art Show featuring a variety of creative arts from stained glass, woodturning and carving, to rug hooking and jewelry.

In Peterborough, artists from throughout the area welcome art lovers to their studios during the Kawartha Autumn Studio Tour.

From there, boogie on down to the Port Hope Annual Jazz Festival to hear the best of Canada's diverse and talented jazz community.

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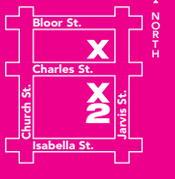

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Britt flair meets world-class amenities

The Britt condo building is steps from Bloor Street. SUBMITTED

Meet the condo

- **What.** The Britt condos
- **Builder.** Lanterra Developments
- **Location.** 955 Bay St.
- **Website.** lanterradevelopments.com
- **Sizes.** From 334 to 1,300 sq. ft.
- **Pricing.** From the low $300,000s to $1.2M

The project overview

The Britt is a dramatic transformation of Toronto's iconic Sutton Place Hotel. The new building stretches 42-storeys high into the city skyline offering spectacular panoramic views of the city from the prestigious corner of Bay and Wellesley.

Location and transit

Located steps away from the energy of Yorkville or the tranquility of Queen's Park. The downtown core is only a bus ride down Bay Street, and the subway is just around the corner. Commuters are a short jaunt from the Gardiner Expressway and the Don Valley.

In the neighborhood

The Britt is steps from Bloor Street with its world-famous "Mink Mile," and the allure of Yorkville with its restaurants, boutique shops and services. Nearby is Queen's Park and the University grounds and bustling Yonge Street.

Building amenities

Imbued with amenities of distinction, including concierge reception, private business centres, stylishly appointed indoor lounges, spas and a richly landscaped outdoor rooftop garden space and outdoor pool, the Britt evokes a club-like atmosphere of privilege for residents.

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GTA high-rise living

The evolution of the 905 condo market

BRYAN TUCKEY
President and CEO of the Building Industry and Land Development Association (BILD) can be found at twitter.com/bildgta), (facebook.com/bildgta), and bildblogs.ca.

One of the things I love about this industry is the advertising agencies' continuous efforts to "wow" us through the use of exciting marketing techniques.

Not too long ago, I stumbled upon the most recent marketing trend, used by a number of our members, the latest being Liberty Developments' World on Yonge development in Markham. The developer posted a YouTube video of a photo collection that takes the viewer from breaking ground to condominium, all in less than one minute.

It's remarkable to watch, but as entertaining as it may be, we all know it takes years to create a complete community in the real world. In fact, building just one condominium tower takes a lot of time, and in the last couple of months, the 905 Regions of the GTA have been a great example of what happens when you make great use of it.

As of the end of July, new home buyers have purchased 4,240 high-rise homes in the 905, with the majority of those sales coming from York and Peel Regions.

It doesn't surprise me, of course, that the areas surrounding the City of Toronto are experiencing an increased interest in high-rise living. What we are currently experiencing is a direct result of the Places to Grow initiative created by the Province of Ontario in 2006. The plan placed a great emphasis on intensification in an attempt to slow the expansion of low-density development in the GTA.

Fast-forward to 2012. All parts of the GTA have embraced the condo lifestyle and with new transit corridors paving the way for additional development, low interest rates and competitive pricing, the 905 is quickly becoming a haven for condo buyers. Neighbourhoods mostly known for their low-rise communities are now being diversified to include condominiums, giving young professionals and first-time buyers the option to own an affordable home outside the City of Toronto.

With 28,466 new condominiums sold in the GTA last year, you can expect to see some changes in the 905 as these sales transform into full, vibrant communities to accommodate the 100,000 that move to the GTA each year. Now that's a time lapse that I'd love to see!

What's hot on the condo market

DUNCAN MCALLISTER

1. Clarkson living

Open house

Mississauga townhome, three bedrooms, three baths. Check it out at 1080 Walden Circle, Sept. 15 - 16 from 2 - 4 p.m. Call 905-822-6900.

2. Cinema Tower condos

One-day-only sale

Head on over to 325 Adelaide St. W., Sept. 15 from 12 - 5 p.m. Call 416-203-2020 or visit cinematowercondos.com

3. Carlaw Avenue

Leslieville lofts

Open house. One bedroom plus den. Check it out at 201 Carlaw Ave., Sept. 15 - 16 from 2 - 4 p.m. Call 416-747-9777.

4. Cloud9 condos

End of summer celebration event

Check it out at 60 Esther Lorrie Dr., Etobicoke. Sept. 15 from 12 - 3 p.m. Call 647-350-6100 or visit cloud9condos.ca.

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Whether you're settling into a new space or looking to refresh an existing one, switching out older sinks and faucets can offer an instant facelift to two frequently used areas of the home

THE ASSOCIATED PRESS

8 Ways to get your water running in style

1 The Elevate Kitchen Faucet Stainless Steel

THE CANADIAN PRESS/HO, PFISTER

Jane Chadwick of faucet manufacturer Pfister said they're using an array of metal finishes like chrome and stainless steel for those desiring a more transitional, contemporary look.

2 The Wheaton Kitchen Faucet Tuscan Bronze

Warmer touches like Tuscan bronze curry favour with style traditionalists.

THE CANADIAN PRESS/HO, PFISTER

3 The Kamato Vessel Faucet Polished Chrome

Marie-Claude Brosseau, product and trend manager at Rona, said chrome pairs well with virtually anything, particularly matte finishes like granite and stainless steel — the latter representing another big trend in sinks.

THE CANADIAN PRESS/HO, PFISTER

4 The Ashfield Lav Faucet Tuscan Bronze

Even faucets are tapping into the colour trend, with one model from Kohler featuring interchangeable spout liners, allowing users to change shades to suit their style tastes, noted Karen Sealy owner of Toronto-based Sealy Design Inc.

THE CANADIAN PRESS/HO, PFISTER

5 Blanco Silgranit Vision 210 double bowl

"You could have a totally white kitchen with stainless steel appliances, and all of a sudden, have like a sea mist sink. So you can have a little hit of colour in your sink and have some fun with it."

Karen Sealy owner of Toronto-based Sealy Design Inc.

6 Blanco Quatrus stainless steel 1.75

THE CANADIAN PRESS/HO, RONA

With a designated spot for the new sink, Sealy said it may limit consumers' choices when it comes selecting a replacement — unless there's one of the same size. If the new model is too big, it may require making a larger hole, she noted.

7 Vessell-Oval Lavatory

THE CANADIAN PRESS/HO, RONA

As for bathrooms, Brosseau said another notable trend is having vessels atop countertops, a contrast to kitchens where undermounts are more common.

8 The 17 x 17 Vessel sink

THE CANADIAN PRESS/HO, RONA

"You have the natural stone vessel, which wasn't there before, so this is new as well."

Marie-Claude Brosseau, product and trend manager at Rona describing the style as reminiscent of sand with a smooth, polished finish.

The StyleCasting team.
HANDOUT

TIFF, celebrities and condo development come together

Big events. Lavish galas celebrating the art and film industry are now blending downtown condos into the mix

DUNCAN MCALLISTER
life@metronews.ca

Lights, condos, action! It's that time of year again, celebrities and fans are flocking to the 37th annual Toronto International Film Festival, which officially launched last week.

So what do condos and the TIFF have in common? Ever since the Daniels Corporation partnered with renowned filmmaker Ivan Reitman to build the Bell Lightbox, the John Street cultural corridor has become the de facto TIFF centre of the universe. Many downtown condos are sponsoring TIFF events and parties this year, making their common areas and sales centres available. Opening week saw lots of events around the downtown with home base at the Bell TIFF Lightbox, where preparations were underway to roll out the red carpet.

Next door at the nearly completed Cinema Tower, Daniels threw a lavish gala celebrating the art and film of Mumbai, the birthplace of Indian cinema. The Indian-themed extravaganza paid homage to the Bollywood film industry with Mumbai costumes and décor, fabulous cuisine, music and henna artists. Held at the event tent across from the tower on Adelaide street, entertainment included an invigorating performance by the D. K. Bollywood Dance troupe, culminating in a surrealist dream sequence with colourful patterns projected upon the entire tower as performers danced in the street below.

Neill Haggart, Daniel's executive vice president, was on hand to welcome the guests and announce a new, one-of-a-kind restaurant on the ground floor of Cinema Tower. The new eatery will pay homage to the Hollywood success of Ivan Reitman.

Quote

"We literally put the redevelopment of the entertainment district on the map with TIFF Bell Lightbox and Festival towers. We're on the 40th floor now with a roof-topping later this month for Cinema Tower."

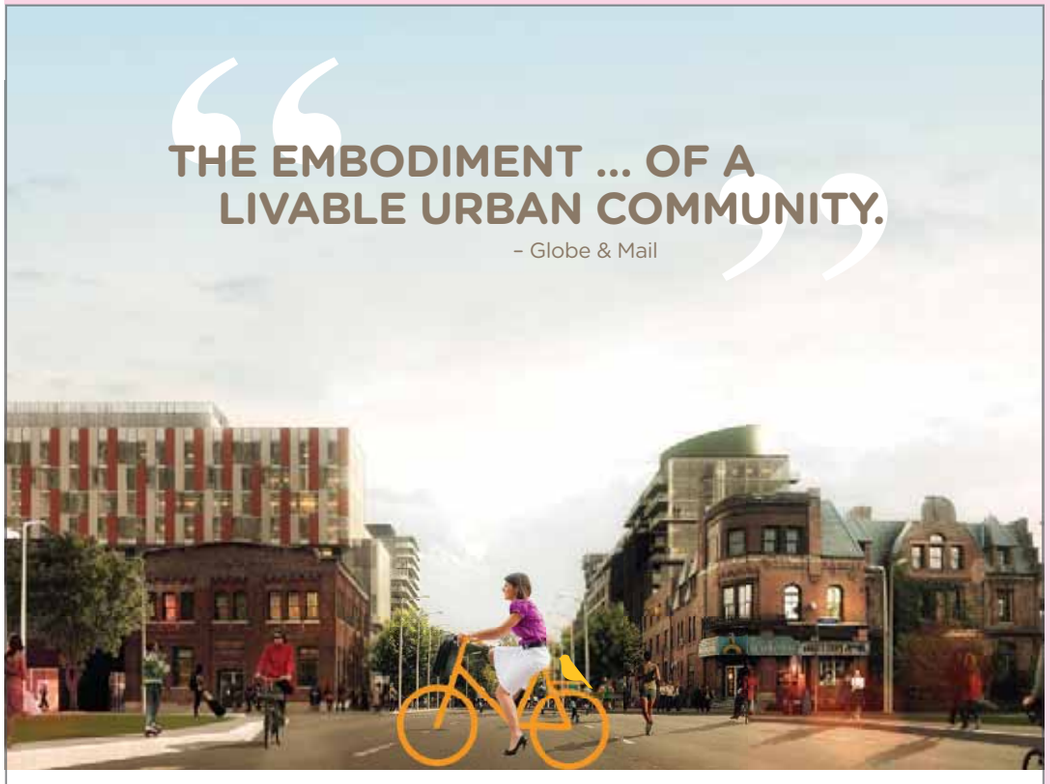
Neill Haggart
Executive vice president of the Daniels Corporation.

And down the street, the Edition/Richmond condos played host to TIFF events by Vitamin Water and Hugo Boss, with notable attendees Daniel Radcliffe from the Harry Potter movies and renowned Canadian actress, Rachel McAdams.

The StyleCasting digital event for "media, tastemakers and dignitaries" was held at Studio on Richmond at their showroom at 32 Nelson St. The event featured fashion designer Erin Lewis' Earthquake Skirt, rumbling throughout the night as it picked up seismic activity from around the globe.

Further uptown in Yorkville this weekend, a TIFF lounge was set up at the new residences at Yorkville Plaza, where star-gazing crowds congregated to get a glimpse of celebrities. Camrost-Felcorp is undertaking a complete makeover of the site of the former Four Seasons Hotel, where many a TIFF celebrity has stayed in the past.

Lavish galas that combine TIFF and condo development are the latest trend.
HANDOUT



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Give it a little Moroccan flair

As decor trends move toward more colour and traditional curvy lines, it's expected that Moroccan styles will emerge in a big way. The contemporary curvy lines and colours like orange, blue and white make it a trend-on element to include in modern decor. Other influences that blend easily with this trend are Middle Eastern patterns, handmade Moorish designs and Havana colours. With a new season fast approaching, why not try out some exotic flavour in your home?

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Magical Thinking Bright Star Duvet mimics colourful handmade tiles. From $79. URBANOUTFITTERS.COM

Circles Rubber Doormat welcomes guest with a Moroccan vibe. $20 CRATEANDBARREL.COM

Thomasville's Wanderlust Bachelor Chest is a great solution for television and AV equipment. $1,620 SEARS.CA

Benjamin Moore's Pumpkin Spice can transport your room to North Africa with just one coat. BENJAMINMOORE.CA

Whole Home Morocco Printed Sheers add exotic flair to the window. From $20 SEARS.CA

Just a few accessories can add some exotic flavour to any space. HANDOUT

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Queen of Green

Don't be a pest when dealing with wasps

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

There are safe ways to deal with pests in your yard. HANDOUT

I have a problem with wasps in my yard. What can I do? Nick of Regina

As we head into fall, insect populations in general will start to decline. And wasps will begin to bother bumblebees and honeybees — especially if you're barbecuing less (wasps are carnivores).

Did you know that most wasps are tiny solitary insects (not at all social) that lay their eggs inside of other insects? So, if you've planted a bee-friendly garden, you'll likely have wasps.

And if you keep mason bees, your nest box could also attract parasitoid solitary wasps, but you probably won't notice.

The wasps you're referring to are likely one of the three more common species: yellow jackets (bright yellow with black stripes), hornets (black with white stripes), or paper wasps (brown, red or yellow with a skinny waist).

How to deter wasps:

- Don't wear bright colours
- Don't wear sweet smells like fragranced body lotion or shampoo
- Cover meat and fish when barbecuing
- Don't leave out sugary drinks like cans of pop
- Clean up rotting fruit from your fruit trees
- Cover your compost pile with a lid or lots of "browns" like dry leaves
- Keep your trash bin clean

Never swat a wasp.

They can release a pheromone that will attract other wasps and signal them to be aggressive. It's best to move away calmly. Also, check the exterior of your home for cracks, holes and unsealed vents where wasps might build a nest. They like to nest in roofs, eaves, in garden sheds or under decks and porches —anywhere that's sheltered, warm and dry.

There are a few simple ways to deal with spilled wine. HANDOUT

No use crying over spilled milk, or wine

Advice. Take these simple steps to cleaning up that embarrassing spill at your party

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Charles,
What is the proper way to clean up a broken wine glass at a party? I don't want to bring too much attention to it, but I wouldn't want anyone to get hurt, either.
Always Prepared

Dear Always Prepared,

The few times this has happened, the first thing I do is pick up the large pieces of glass.

I then use the vacuum, ideally a hand-held one to pick up the glass and then I use very thick towels to absorb the wine liquid.

At this point I judge the damage and either just leave it and wash the entire rug the following day or in the case of red wine will use club soda to flush the stain and re-absorb the liquid with a second set of thick dry towels.

Whatever you do, don't make a big deal about it. The person who has made the spill will feel bad enough. Let them help you with instructions of what you want them to do, then stay calm, make the treatment and go back to your party and have a fabulous time.

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Ever consider energy efficient windows?

Are your windows leaking air? Are they getting more difficult to open? Is the wood frame rotting?

Homeowners choose to replace their windows for a variety of reasons, from energy efficiency to esthetics.

"It might be the seals have failed or the wood has rotted," said Kerry Haglund, senior researcher at the Center for Sustainable Building Research at the University of Minnesota.

Or homeowners might be looking to replace leaky windows to keep heat or air conditioning in, or they might want added UV protection to protect furniture from fading in the sunlight.

No matter what the motivation, new windows can be costly.

"They're too expensive to think you're going to get your money back either in terms of energy savings or when you're selling your house," said Kit Selzer, a senior editor for Better Homes and Gardens.

Still, new energy-efficient windows can make your home more comfortable in winter and summer, and more attractive. Haglund recommends choosing the most energy-efficient window you can.

The cost for a new window can range from hundreds of dollars to $1,000 or more, depending on the frame, style — double-hung or casement, for example — and whether you choose single, double or triple pane glass. Decorative elements can add to the price.

A casement window might be a good option in windy areas, said Gary Pember, vice-president of marketing for Simonton Windows.

"As the wind increases, they become more efficient because of the way they seal," he said.

A double-hung that opens only from the top might be a good choice for someone looking for increased security, he said.

Older homeowners or those who think they'll stay in their homes as they age might want to consider a window they don't have to lift.

Frames come in wood, vinyl, aluminum and other materials.

Wood frames are more traditional, but require regular painting.

"If you're wanting something maintenance-free, you can't get anything better than vinyl," Pember said.

THE ASSOCIATED PRESS

Cheaper option

- If you decide not to invest in new windows, you can increase the energy efficiency of your existing ones: "Storm windows are certainly a good idea," Selzer said. Use caulk or weatherstripping to seal any leaks around the frame.
- And insulating draperies or other window treatments also can help increase comfort. "They're so much more tailored and thinner than they used to be," she said. "Old insulating treatments were very bulky, like putting up blankets. Now, they're certainly sleek and more effective."

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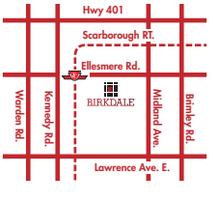

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DYNAMIC NEW COMMUNITY UNFOLDS

Regent Park, a neighbourhood that 7,500 Torontonians call home, is in the midst of an exciting transformation.

The 69-acre downtown area, bounded by Gerrard, River, Shuter and Parliament streets that was first built in the late 1940s and became Canada's largest social housing project, is currently being transformed into a modern, urban community boasting state-of-the-art public spaces and mixed-income housing.

The mixed-income housing includes state-of-the art condos and townhouses, as well as rental buildings, all boasting energy-efficient designs with both market units (units for sale) and rent-geared-to-income units. And an affordable home-ownership program has also been implemented, making affordability a central theme in this community.

All the new buildings are being heated and cooled with a direct energy system that developers claim will keep 400,000 tonnes of greenhouse gas out of the air over the next three decades. Most also boast green roofs.

The newly designed community is also being filled with beautifully landscaped green spaces, including a six-acre community park in the centre and pedestrian-friendly, tree-lined streets are being reintroduced through an expanded road network.

HEMERA/THINKSTOCK

Its location, right on bus and streetcar lines, also makes it conveniently accessible to the greater downtown Toronto community.

New amenities include a 24-hour FreshCo supermarket, a Royal Bank, a Tim Hortons, and other retail spaces, as well as a 24,000-square-foot aquatics centre (complete with leisure and training pools, a water slide, and a warm water therapy tank) and the Regent Park Arts & Cultural Centre — which opens its doors for the first time Sept. 22.

The Arts & Cultural Centre — a 60,000-square-foot facility located on Dundas Street East between Sumach and Sackville streets — will not only serve as an educational and performance venue, but also as a space where local youth and community groups such as the Regent Park School of Music, the Centre for Social Innovation, and the Collective of Black Artists can collaborate on producing their own artistic endeavours.

The centre will also be home to the Regent Park Film Festival, complete with a screening room and editing facilities for filmmakers. In essence, this space, along with many others in the revitalized Regent Park will become destinations, not only for local residents, but all Torontonians.

In April, 40 Oaks, a 10,000-square-foot community hub opened, providing shared spaces to community service organizations that offer local residents access to drop-in groups, after-school programs, language instruction and job training. Essentially, this new space allows members of the community to access numerous services all under the convenience of one roof.

The revitalization project, which began in 2005, is slated to be complete in 2015.

THE ONE PLACE YOU WANT TO BE

IN DOWNTOWN EAST: ONE PARK PLACE COMING THIS FALL

Rooftop terrace.

This fall, Toronto's downtown east will pulsate with excitement as The Daniels Corporation introduces its fourth condominium residence in Regent Park. Following hot on the heels of Daniels' incredibly successful Paintbox Condominiums, One Park Place Condominiums will stand as a beacon in the second phase of this award-winning Regent Park revitalization. Just steps to the TTC and minutes from the downtown core and the waterfront, One Park Place is already under construction and will rise to 25 storeys from a five-storey podium.

Situated next to the Regent Park Arts & Cultural Centre and Paintbox Bistro, One Park Place opens on to the Urban Mews, a pedestrian walkway that will connect all of the incredible amenities within the community. From the Urban Mews, residents will enjoy access to an incredible six-acre park, a state-of-the-art regional aquatic centre, a new city of Toronto community centre, and much more.

For residents who like to stay active, CLUB UNO at One Park Place offers approximately 45,000 square feet of amenity space, including squash courts, a half-court gymnasium, a fitness studio, and an indoor/outdoor yoga and Pilates studio.

Opportunities for entertaining at One Park Place are limitless with a party room, billiards room, a piano lounge, a chill-out lounge and much more. Residents will also enjoy access to a spacious rooftop terrace and an outdoor ping-pong table.

Suites start from the low $200,000s and include studio, one-bedroom, one-bedroom + den, two-bedroom, and two-bedroom + den designs.

The Daniels Corporation is one of Canada's preeminent builder/developers and has earned a reputation for quality and integrity in all forms of residential construction. Named the Tarion Warranty Corporation's 2012 High Rise Builder of the Year, Daniels has built more than 23,000 homes and apartments in a range of award-winning communities across the Greater Toronto Area.

Join the One Park Place Inner Circle™ and receive perks and privileges not available to the general public, including the opportunity to select your suite at special preview prices at the first advance sales event and to be among the first to learn about the Daniels FIRST HOME BOOST Program. To enjoy Inner Circle™ privileges, a one-time $300 membership fee is required, which will be applied toward the purchase of your new suite at One Park Place or fully refunded if you choose not to purchase.

To learn more about One Park Place or to become an Inner Circle™ Member, visit danielsoneparkplace.com or call 416-955-0559.

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metro
MORTGAGES
Thursday, September 13, 2012

Know the new rules

Restrictions. Feds recently announced fourth set of changes to mortgages in the past four years

JANE DOUCET
For Metro

In June, Finance Minister Jim Flaherty announced the fourth round of mortgage restrictions in four years. Among other changes, those with less than 20 per cent equity will no longer be able to get a prime mortgage with a 30-year amortization; the maximum is now 25 years.

Another change is that the maximum refinance LTV (loan to value) ratio will be 80 per cent, down from 85. (The LTV ratio is calculated by dividing the loan balance of a property by the market value and is expressed as a percentage. For example, a property with a loan balance of $400,000 and a market value of $500,000 has a LTV ratio of 80 per cent.)

Cashback down-payment mortgages are on the way out; federally regulated lenders must eliminate them by the end of October.

In addition, the federal government is capping the maximum debt ratios for households and limiting government insurance to mortgages on homes with a purchase price of less than $1 million.

The new rules are meant to lower risk for taxpayers and curb high household debt, and they are mostly designed to help control the skyrocketing housing markets in Central and Western Canada. But what impact will they have on first-time homebuyers in general?

"Starter buyers will often have to borrow greater than 80 per cent," says Corey Regan, a mortgage specialist with One Stop Financial Solutions Inc. in Dartmouth, N.S. "And with five years shaved off the amortization, their monthly mortgage payments will be higher."

Experts estimate that it's not unreasonable to expect that at least 10 per cent of first-time buyers could be shut out of the market by these changes. Assuming that up to half of purchases come from first-timers, then overall home demand could slide five per cent or more — at least until house prices fall.

New mortgage rules are meant to lower risk for taxpayers and curb high household debt. JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

However, it isn't impossible to enter the market sooner rather than later.

"Maybe you won't be able to afford your dream single-family dwelling in your first choice of neighbourhood," says Regan, "but you can afford a semi-detached in another nice area."

Buying a home is an emotional decision, but if you are willing to reconsider the type of residence you want and where you want it to be, you will have more options.

And if you are set on buying the dream?

"Then you have to be patient and save for another year or two," says Regan.

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Choices. Fixed or variable? Which is best for you

Differences. Your decision will be based on cash flow, financial personality, and long-term goals

YLVA
VAN BUUREN
For Metro

Which type of mortgage should you go with: A fixed or variable rate mortgage?

With a fixed mortgage, explains the Financial Consumer Agency of Canada, the interest rate you pay to borrow the money (and the mortgage payments you pay regularly) are set for the entire term. On the other hand, a variable mortgage has an interest rate that fluctuates with prime and can change during the term.

A fixed rate mortgage traditionally has a higher interest rate, says David Smith, a mortgage broker and partner at Oriana Financial, Toronto. However, interest rates are so low right now that the spread between the variable and the fixed is not very great.

But there are other differences that can help you decide:

Your Need to Know
Do you want to know exactly what you owe on your house at the end of the term? A fixed mortgage shows you the interest and principal payments from start to finish.

Keep in mind that most financial institutions offer a fixed rate variable mortgage, too — which means you have a variable interest rate but your payments do not change for the term. What does change, explains Brenda Hiscock, a member of Advocis, the Financial Advisors Association of Canada and a certified financial planner with Guilfoyle Financial Planning Inc., is how much of each payment is interest and how much is used to pay down the principal — as the interest fluctuates with prime. "The mystery lies in what the balance will be at the end of the term."

Rates

"A fixed rate mortgage is predictable and safe from any interest rate uncertainty while a variable rate mortgage requires a certain ongoing vigilance."

When applying for a mortgage, you must decide whether you want a fixed rate or variable rate. ISTOCKPHOTO/THINKSTOCK

Your Financial Personality
A fixed rate mortgage is predictable and safe from any interest rate uncertainty while a variable rate mortgage requires a certain ongoing vigilance, says Smith. "Will the prime go up? Should you lock in or not?" You have to be prepared to stay on top of interest rates with a variable rate mortgage.

Cash Flow
A variable mortgage can make sense for people who have good cash flow. You can lock in at any time for three years or more, says Hiscock, and you have the cash flow to accommodate future increases and payments if that is the case.

Long-term Goals
How committed to the property you are can determine whether you want to lock into a long-term fixed rate or not. With interest rates at record lows, it is likely they will go up in the future. These days, says Smith, we can do a 10-year fixed mortgage for less than four percent ... locking in for that period might be an option for you.

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Grilled vegetables & pasta infuse distinctly Mediterranean flare

1. Balsamic Vinaigrette: In a screw-top jar, mix oil, balsamic vinegar, mustard, garlic, sugar. Cover jar and shake well. Season with salt and pepper. Makes about 150 ml (2/3 cup).

2. Meanwhile, cook pasta according to package directions and set aside. Chill, if desired.

3. Remove cores and cut peppers into quarters. Cut zucchini and onion into 2-cm slices. Brush vegetables lightly with some vinaigrette and grill over medium heat until vegetables are cooked as desired.

4. Cut all of vegetables into chunks. Combine vegetables, pasta and all but 125 ml (1/2 cup) of feta cheese with the remaining vinaigrette and season with salt and pepper. Top the dish with the reserved feta cheese and parsley. THE CANADIAN PRESS/DAIRY FARMERS OF CANADA

Nutritional analysis

Per serving

- 880 calories; 33 g protein; 98 g carbohydrates; 40 g fat; 6.1 g fibre; 414 mg sodium

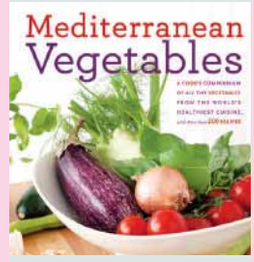
Ingredients

Balsamic Vinaigrette
- 85 ml (1/3 cup plus 2 tsp) vegetable oil
- 75 ml (1/3 cup) balsamic vinegar
- 10 ml (2 tsp) Dijon mustard
- 1 clove garlic, minced
- 1 ml (1/4 tsp) sugar
- Salt and pepper, to taste
- 500 g (1 lb) penne or rotini
- 1 each red and yellow sweet bell pepper
- 2 zucchini
- 1/2 Spanish onion
- 250 g (8 oz) feta cheese, cubed (divided)
- Salt and pepper, to taste
- Chopped parsley, for garnish

This recipe serves four. THE CANADIAN PRESS H/O

Cookbook of the Week

All vegetable lovers rejoice!



To open up the Mediterranean world to the North American kitchen, Clifford A. Wright presents an A-to-Z culinary reference.

Accessible and thoroughly useful, Mediterranean Vegetables includes information on more than 200 vegetables that are traditionally prepared in Mediterranean cookery.

Among the recipes in the book are: Greek Country Salad, Leeks in Lemon and Eggs Sauce, Oven-Baked Potatoes and Mushrooms, Stuffed Swiss Chard Leaves.

Each vegetable that is featured also comes with information on plant characteristics and varieties, plant origin and plant history. METRO

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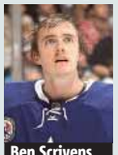
NHL

Leafs sign Marlies star Scrivens to two-year deal

The Toronto Maple Leafs have signed goaltender Ben Scrivens to a two-year contract worth $1.25 million.

The second year of the contract is one way, indicating the Leafs plan for Scrivens to stick with the NHL club by that time.

Scrivens played most of last season in the AHL, where he helped the Toronto Marlies reach the Calder Cup final.



Ben Scrivens
GETTY IMAGES FILE

The six-foot-two, 192-pounder posted a 1.92 goals against average, a .935 save percentage and three shutouts in the playoffs last season. THE CANADIAN PRESS

NBA

Raps add defence with McGuire

The Toronto Raptors have signed forward Dominic McGuire, adding an athletic defender to their roster.

The six-foot-nine, 235 pound McGuire played 64 games for the Golden State Warriors last season, with six starts. He averaged 3.5 points, 3.8 rebounds and 17.6 minutes.

THE CANADIAN PRESS

MLS

Fire douse TFC's playoff aspirations

Toronto FC went out with a whimper Wednesday night, officially eliminated from MLS post-season contention in a 2-1 loss to the visiting Chicago Fire.

Toronto (5-17-6), which has six league games remaining this season, has never made it to the playoffs in its six-year existence.

Uruguayan midfielder Alvaro Fernandez and veteran Chris Rolfe scored for Chicago (14-8-5).

Eric Hassli replied for Toronto in the 79th minute.

THE CANADIAN PRESS

Chicago's Austin Berry, left, and Toronto's Eric Hassli battle for the ball on Wednesday at BMO Field. THE CANADIAN PRESS

Offers fly as NHL labour talks resume

Lockout. League tables 'time-sensitive' offer, after players' proposal falls flat with Bettman

The NHL's collective bargaining talks resumed Wednesday with a sense of urgency and a flurry of activity, but one thing remained unchanged — the unmistakable gap between the sides.

With Saturday's midnight deadline for a lockout looming, Donald Fehr and Gary Bettman each tabled proposals that highlighted the differing views still held by players and owners on core economic issues.

The NHL's offer came with an added twist as commissioner Bettman indicated it would be taken off the table Saturday, citing the damage another lockout would inflict on the business. Fehr, the executive director of the NHL Players' Association, suggested the league had done its own damage.

"Think about it this way," he said. "You have a case where you talk about a lockout, you threaten a lockout, you tell your season ticket-holders and advertisers you're going to have a lockout and then (once) you impose a lockout, then you want someone else to pay for it."

The NHL's latest proposal called for the players' share to be reduced to 49 per cent next season and would see it drop back to 47 per cent by the end of the six-year deal. Players currently receive 57 per cent of revenue.

The league's original offer in July came in at 43 per cent and was followed by one last month at 46 per cent.

"(This proposal) had meaningful movement in it and it was an attempt to engage the union finally in trying to make a deal," said Bettman.

NHLPA executive director Donald Fehr, centre, is joined by the Canucks' Manny Malhotra, left, and the Jets' Ron Hainsey as he speaks to reporters in New York on Wednesday. MARY ALTAFFER/THE ASSOCIATED PRESS

Getting together

On Wednesday night, the union opened a meeting with some 300 players in attendance, while the NHL's board of governors is scheduled to convene on Thursday.

- Meanwhile, the union says it has filed an application with Quebec's labour relations board, along with at least 16 players of the Montreal Canadiens, asking it to declare a lockout illegal.
- A hearing on the application is scheduled for Friday morning in Montreal.

However, Fehr said the league had moved from asking for an "extraordinarily large" amount of money back to a "very big" amount.

The first formal session of bargaining between the sides since Aug. 31 kicked off with the NHLPA tabling changes to its previous offer. It kept the first three years intact — a system not linked to hockey revenues with fixed increases of two per cent, four per cent and six per cent over the first three years — before having the final two years determined by a return to the percentage of overall revenues.

The precise number would be determined by the league's growth rate at that time, with the players' share set at a lower rate if business is booming, according to Fehr.

Bettman said the union's offer represented "very little movement, if any," which prompted him to draft a new deal on the fly with Boston Bruins owner Jeremy Jacobs and Calgary Flames owner Murray Edwards.

Perhaps the most telling sign about the negotiations is the fact the sides are still working off different models with only days remaining before the NHL's fourth work stoppage in 20 years. To make matters worse, they're currently only tackling the league's economic model, leaving such potentially contentious issues as revenue sharing, contract length and discipline to be worked out later. THE CANADIAN PRESS

NHL. Bouncing back no easy task if season is lost

The NHL has survived strikes, lockouts and even the cancellation of an entire season, but Norm O'Reilly, who has studied the finances of sports leagues, says the league owners and players can't take their fans for granted.

O'Reilly, a sports marketing professor at the University of Ottawa, says another cancelled season could hurt the NHL itself, even in cities like Toronto.

While the hardcore fans will always come back, that's not the whole picture, he says.

As merchandise sales and sponsorship deals become larger pieces of the revenue pie compared with ticket sales, it is the more casual fans that may never attend a game that can make the difference.

"They may notice a decrease in television rights, and they may notice less following on websites, and they may notice a decrease in merchandise sales and less support of sponsors products," he said of teams if the season is killed.

"And as the NHL becomes ... less reliant on gate revenues and more reliant on media and marketing revenues, then those impacts become greater and greater."

Since the 2005 collective bargaining agreement was signed, the NHL has experienced an annual growth rate in revenues of more than six per cent.

But O'Reilly noted that last time the new collective agreement was accompanied by rule changes in an effort to make the game faster and higher scoring and in turn more appealing to the casual fan.

Without that added boost, the league may not bounce back from a season-killing lockout the same way.

"This time around, everything you read about is much more focused on solely the financial issues," O'Reilly said.

THE CANADIAN PRESS

Quoted

"We do have some other concerts and events, but there's no mistake that hockey is our business here."

Tim Murphy, the manager of Vancouver's Shark Club located a slapshot away from the home of the Vancouver Canucks, says without NHL hockey the bar just isn't busy enough.

4 SPORTS

Mobile sports

Cricket

Tim Tebow's debut with the New York Jets was a dud, but a sprinkling of the backup QB and the wildcat package was more than enough against the Bills. Now the Jets have to decide whether to give Tebow more snaps or fewer against the Steelers in Week 2.

Tables turned on Canada in qualifiers

Canada's Marcel de Jong, left, boots the ball past Panama's Roman Torres during a 2014 World Cup qualifying soccer match in Panama City on Tuesday. ARNULFO FRANCO/THE ASSOCIATED PRESS

Soccer. Loss to Panama puts Canada in tough to advance to next stage of World Cup qualifying

It's a lesson in how quickly things can change in international football.

Canada, sitting atop its World Cup qualifying group after a dramatic 1-0 home victory over Panama Friday, now finds itself in tough following Tuesday's loss in Panama City.

Canada's potential saunter into the final stage of qualifying for the first time since 1998, is now poised to come down to the final match in Honduras.

Where's the offence?

2

Canada has scored only two goals in its four matches in this stage.

The 2-0 win by the Panamanians moves them into top spot in this four-team penultimate stage of qualifying for Brazil 2014 with a 3-1-0 record for nine points. Canada and Honduras, at 2-1-1, are tied with seven points apiece. Cuba is last at 0-4-0.

Honduras has the edge over Canada on goal difference.

The top two teams in the group will advance to the final stage of qualifying in 2013.

This stage will wrap up with each team playing two games next month.

Canada's fate will be decided in the final game in Honduras on Oct. 16.

Ahead of that match, Canada hosts Cuba at BMO Field on Oct. 12 in a match they need all three points. That same night, Panama hosts Honduras.

"The group changed a little bit tonight," Canadian captain Kevin McKenna said following the 2-0 defeat Tuesday. "We will now need plenty of home support for a massive match in Canada." TORSTAR NEWS SERVICE

NFL. Bills add one more year to lease at the Ralph

The Buffalo Bills and Erie County agreed in principle Wednesday to a one-year lease extension that would allow the team to keep playing at Ralph Wilson Stadium next season.

County executive Mark Poloncarz announced the agreement after Bills CEO Russ Brandon raised concerns about the lack of progress in negotiations to reach a long-term deal, and with the current lease set to expire July 31. Poloncarz said the agreement was reached after several discussions with team officials, including a conversation with Brandon on Monday.

"Nobody wants to have a gun at their heads thinking if we don't get it done by the end of the season then what's going to happen," Poloncarz said. "By doing an extension, it guarantees the Bills are here for the full 2013 season, and it gives us ample time during the next 18 months or so to continue these negotiations." THE ASSOCIATED PRESS

Bills series in Toronto

The Bills are also negotiating with Rogers Communications to renew a five-year series of home games Buffalo plays in Toronto. The current deal runs out this year after the Bills "host" the Seattle Seahawks in Canada's largest city and financial capital on Dec. 16.

The Buffalo Bills agreed in principle with Erie County to a one-year lease extension that keeps the football team playing its home games at Ralph Wilson Stadium next season. DAVID DUPREY/THE ASSOCIATED PRESS FILE

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	W	L	Pct	GB
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Kansas City	64	77	.454	12
Cleveland	59	83	.415	17½
Minnesota	59	83	.415	17½

WEST DIVISION

	W	L	Pct	GB
Texas	84	57	.596	—
Oakland	81	60	.574	3
Los Angeles	77	65	.542	7½
Seattle	68	74	.479	16½

Wednesday's results
Tampa Bay at Baltimore
Seattle at Toronto
N.Y. Yankees at Boston
Cleveland at Texas
Detroit at Chicago White Sox
Kansas City at Minnesota
Oakland at L.A. Angels
Tuesday's results
Baltimore 9, Tampa Bay 2
Seattle 4, Toronto 3
Boston 4, N.Y. Yankees 3
Texas 6, Cleveland 4
Detroit 5, Chicago White Sox 3
Kansas City 9, Minnesota 1
Oakland 6, L.A. Angels 5
Thursday's games
All Times Eastern
Tampa Bay (Hellickson 8-10) at Baltimore (W.Chen 12-9), 12:35 p.m.
Oakland (Bre.Anderson 4-0) at L.A. Angels (Weaver 16-4), 3:35 p.m.
Seattle (F.Hernandez 13-7) at Toronto (H.Alvarez 8-12), 7:07 p.m.
N.Y. Yankees (P.Hughes 14-12) at Boston (Doubront 10-8), 7:10 p.m.
Cleveland (McAllister 5-7) at Texas (D.Holland 10-6), 8:05 p.m.
Detroit (Verlander 13-8) at Chicago White Sox (Sale 16-6), 8:10 p.m.
Kansas City (Mendoza 7-9) at Minnesota (Hendriks 0-7), 8:10 p.m.
Friday's games
Detroit at Cleveland, 7:05 p.m.
Tampa Bay at N.Y. Yankees, 7:05 p.m.
Boston at Toronto, 7:07 p.m.
Seattle at Texas, 8:05 p.m.
Chicago White Sox at Minnesota, 8:10 p.m.
L.A. Angels at Kansas City, 8:10 p.m.
Baltimore at Oakland, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	88	54	.620	—
Atlanta	81	62	.566	7½
Philadelphia	72	71	.503	16½
New York	65	77	.458	23
Miami	63	81	.438	26

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	86	57	.601	—
St. Louis	75	67	.528	10½
Pittsburgh	72	69	.511	13
Milwaukee	71	71	.500	14½
Chicago	55	87	.387	30½
Houston	45	97	.317	40½

WEST DIVISION

	W	L	Pct	GB
San Francisco	80	62	.563	—
Los Angeles	74	68	.521	6
Arizona	70	72	.493	10
San Diego	68	75	.476	12½
Colorado	57	84	.404	22½

Wednesday's results
Philadelphia 3, Miami 1
St. Louis at San Diego
Pittsburgh at Cincinnati
Washington at N.Y. Mets
Chicago Cubs at Houston
Atlanta at Milwaukee
San Francisco at Colorado
L.A. Dodgers at Arizona
Tuesday's results
Philadelphia 9, Miami 7
Cincinnati 5, Pittsburgh 3
Washington 5, N.Y. Mets 3
Houston 1, Chicago Cubs 0
Milwaukee 5, Atlanta 0
San Francisco 9, Colorado 8
Arizona 1, L.A. Dodgers 0
San Diego 6, St. Louis 4
Thursday's Games
All Times Eastern
Philadelphia (Cloyd 1-1) at Houston (Harrell 10-9), 8:05 p.m.
St. Louis (Lynn 14-7) at L.A. Dodgers (Beckett 1-2), 10:10 p.m.
Friday's Games
Pittsburgh at Chicago Cubs, 2:20 p.m.
Cincinnati at Miami, 7:10 p.m.
Washington at Atlanta, 7:35 p.m.
Philadelphia at Houston, 8:05 p.m.
N.Y. Mets at Milwaukee, 8:10 p.m.
San Francisco at Arizona, 9:40 p.m.
Colorado at San Diego, 10:05 p.m.
St. Louis at L.A. Dodgers, 10:10 p.m.

LATE TUESDAY

MARINERS 4, BLUE JAYS 3

Seattle	ab	r	h	bi	Toronto	ab	r	h	bi
Ackley 2b	5	1	2	0	Lawrie 3b	4	0	1	0
Gutirrz cf	5	1	2	0	Rasms cf	3	2	2	1
Seager 3b	5	2	3	2	Encrnc dh	4	0	0	0
Jaso dh	4	0	1	1	Lind 1b	3	0	1	0
JMontr c	3	0	1	0	Sierra ph	1	0	0	1
MSndrs lf	4	0	2	1	YGoms 1b	0	0	0	0
Thams rf	4	0	0	0	YEscor ss	4	0	2	1
C.Wells rf	0	0	0	0	KJhnsn 2b	4	0	0	0
Carp 1b	4	0	2	0	Arencii c	4	0	0	0
Ryan ss	3	0	1	0	RDavis lf	4	0	1	0
Gose rf	3	1	1	0					
Totals	**37**	**4**	**14**	**4**	**Totals**	**34**	**3**	**8**	**3**
Seattle					**201 010 000 — 4**				
Toronto					**101 000 010 — 3**				

E—Gutierrez (1). DP—Toronto 1. LOB—Seattle 8, Toronto 6. 2B—Ackley (19), Gutierrez (5), Seager (27), M.Saunders (29), Rasmus (21), Y.Escobar (20). HR—Seager (18). SB—R.Davis (42). S—Ryan. SF—Rasmus.

Seattle	IP	H	R	ER	BB	SO
Er.Ramirez W,1-2	7	6	2	2	1	6
Furbush	0	1	1	1	0	0
Kinney H,6	1-3	0	0	0	0	0
Luetge H,12	1-3	0	0	0	0	0
Pryor H,4	1-3	0	0	0	0	1
Wilhelmsen S,25-28	1	1	0	0	0	0
Toronto						
Morrow L,8-6	4 2-3	11	4	4	1	4
Cecil	2	2	0	0	0	1
Lincoln	1 1-3	0	0	0	0	1
Frasor	1	1	0	0	0	0

Furbush pitched to 1 batter in the 8th.
WP—Morrow.
Umpires—Home, Gary Darling; First, Paul Emmel; Second, Jerry Meals; Third, Scott Barry.
T—2:48. A—12,935 (49,260) at Toronto.

TENNIS

WTA CHALLENGE BELL

At Quebec City
Singles — Second Round
Lauren Davis, U.S., def. Yanina Wickmayer (2), Belgium, 6-1, 6-1.
Mona Barthel (3), Germany, def. Petra Rampre, Slovenia, 6-2, 6-1.
Kristina Mladenovic, France, def. Annika Beck, Germany, 4-6, 6-4, 6-3.
Doubles — First Round
Alicja Rosolska, Poland, and Heather Watson (1), Britain, def. **Stephanie Dubois, Laval, Que., and Heidi El Tabakh, Toronto,** 6-2, 6-2.
Gabriela Dabrowski, Ottawa, and Alison Riske, U.S., def. Liga Dekmeijere, Latvia, and Petra Martic (2), Croatia, 2-6, 6-3, 10-4.
Jessica Pegula and Maria Sanchez, U.S., def. Lindsay Lee-Waters and Megan Moulton-Levy (4), U.S., 7-5, 4-6, 10-4.
Quarter-finals
Gabriela Dabrowski, Ottawa, and Alison Riske, United States, def. Grace Min, United States, and **Carol Zhao, Richmond Hill, Ont.,** 6-3, 6-4.

WTA TASHKENT OPEN

At Tashkent, Uzbekistan
Singles — Second Round
Urszula Radwanska (2), Poland, def. Vitalia Diatchenko, Russia, 6-2, 6-2.
Irina-Camelia Begu, Romania, def. Alize Cornet (3), France, 6-4, 6-1.
Alexandra Cadantu (5), Romania, def. Sabina Sharipova, Uzbekistan, 1-6, 6-3, 6-3.
Bojana Jovanovski (6), Serbia, def. Eleni Daniilidou, Greece, 6-3, 6-7 (8), 6-3.
Alexandra Panova (7), Russia, def. Misaki Doi, Japan, 6-4, 6-4.
Galina Voskoboeva (8), Kazakhstan, def. Anna Chakvetadze, Russia, 6-1, 6-3.
Eva Birnerova, Czech Rep., def. Karin Knapp, Italy, 6-2, 6-2.
Donna Vekic, Croatia, def. Lara Arruabarrena-Vecino, Spain, 6-2, 6-2.

TRANSACTIONS

MLB

AMERICAN LEAGUE

BOSTON — Reinstated RHP Scott Atchison from the 60-day DL. Transferred LHP Franklin Morales to the 60-day DL.
CHICAGO — Reinstated RHP Gavin Floyd from the 15-day DL.
N.Y. YANKEES — Recalled OF Melky Mesa from Scranton/Wilkes-Barre (IL).
TEXAS — Extended its player development contract with Round Rock (PCL) through the 2018 season.

NATIONAL LEAGUE

HOUSTON — Reinstated SS Jed Lowrie from the 15-day DL.
N.Y. METS — Renewed their player development contract with Savannah (SAL) through the 2014 season.
SAN DIEGO — Extended their player development contract with Eugene (NWL) through the 2014 season.
SAN FRANCISCO — Assigned RHP Steve Edlefsen to Fresno (PCL). Reinstated RHP Clay Hensley from the 15-day DL.

NBA

OKLAHOMA CITY — Signed G DeAndre Liggins and G Andy Rautins.

NFL

NFL — Fined Dallas OT Tyron Smith $15,000 for a horse-collar tackle that prevented a touchdown on an interception return during the Sept. 5 game against the N.Y. Giants.
ARIZONA — Signed CB Greg McCoy to the practice squad. Released CB Larry Parker from the practice squad.
ATLANTA — Signed CB Terrence Johnson. Signed WR James Rodgers and G Phillip Manley to the practice squad.
BALTIMORE — Signed RB Bobby Rainey to the practice squad.
DALLAS — Signed CB LeQuan Lewis.
DENVER — Signed DE Jamie Blatnick to the practice squad. Released G Wayne Tribue from the practice squad.
GREEN BAY — Signed CB Brandian Ross to the practice squad. Released RB Marc Tyler from the practice squad.
JACKSONVILLE — Claimed T Troy Kropog off waivers from Tennessee.
KANSAS CITY — Reinstated LB Tamba Hali from the practice squad. Released LB Cameron Sheffield. Released WR Junior Hemingway from the practice squad.
MIAMI — Signed D Ryan Baker. Released LB Sammy Brown. Signed DT Chas Alecxih and WR Brian Tyms to the practice squad. Released WR Chris Hogan from the practice squad.
NEW ENGLAND — Signed S Cyhl Quarles to the practice squad. Released TE Alex Silvestro from the practice squad.
NEW ORLEANS — Placed WR Adrian Arrington on injured reserve. Signed WR Greg Camarillo.
N.Y. GIANTS — Signed WR Brandon Collins and T Matt McCants to the practice squad. Released CB Terrence Frederick and C Scott Wedige from the practice squad.
N.Y. JETS — Released WR Patrick Turner. Signed WR Stanley Arukwe and LB Ricky Sapp to the practice squad. Released WR Royce Pollard and CB LeQuan Lewis from the practice squad.
OAKLAND — Signed DE Brandon Bair and TE Nick Guess to the practice squad.
PHILADELPHIA — Signed WR Mardy Gilyard. Released S Jaiquawn Jarrett. Signed WR Derek Carrier to the practice squad. Released TE Chase Ford from the practice squad.
SAN DIEGO — Signed G Reggie Wells.
SEATTLE — Removed RB Vai Taua on injured reserve and released him. Signed NT Hebron Fangupo and WR Jermaine Kearse to the practice squad. Released C Tommie Draheim and TE Gabe Miller from the practice squad.
TAMPA BAY — Signed T Mike Remmers to the practice squad.
TENNESSEE — Signed G Deuce Lutui. Reinstated WR Kenny Britt from the suspended list. Released DE Pannel Egboh and T Troy Kropog.
WASHINGTON — Signed NT Delvin Johnson to the practice squad.

CFL

EDMONTON — Traded PK Derek Schiavone to Montreal for PK Brody McKnight.

NHL

FLORIDA — Assigned D Jason DeSantis, G Brian Foster, F Jonathan Hazen, G Michael Houser, F Quinton Howden, G Jacob Markstrom, F Mattias Lindstrom, F Anthony Luciani, D Josh McFadden, F John McFarland, D Alex Petrovic, F Jon Rheault, D Colby Robak, F Eric Selleck, F Drew Shore, F Scott Timmins and F Garrett Wilson to San Antonio (AHL). Loaned F Jonathan Huberdeau and F Vincent Trocheck to their junior clubs.
L.A. KINGS — Signed D Kurtis MacDermid to a three-year, entry-level contract.
SAN JOSE SHARKS — Named David Cunniff associate coach of Worcester (AHL).
TORONTO — Signed G Ben Scrivens to a two-year contract.
WASHINGTON — Re-signed F Troy Brouwer to a three-year contract.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	1	0	0	1.000	48	28
New England	1	0	0	1.000	34	13
Miami	0	1	0	.000	10	30
Buffalo	0	1	0	.000	28	48

SOUTH

	W	L	T	Pct	PF	PA
Houston	1	0	0	1.000	30	10
Jacksonville	0	1	0	.000	23	26
Indianapolis	0	1	0	.000	21	41
Tennessee	0	1	0	.000	13	34

NORTH

	W	L	T	Pct	PF	PA
Baltimore	1	0	0	1.000	44	13
Cleveland	0	1	0	.000	16	17
Pittsburgh	0	1	0	.000	19	31
Cincinnati	0	1	0	.000	13	44

WEST

	W	L	T	Pct	PF	PA
San Diego	1	0	0	1.000	22	14
Denver	1	0	0	1.000	31	19
Kansas City	0	1	0	.000	24	40
Oakland	0	1	0	.000	14	22

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	1	0	0	1.000	24	17
Washington	1	0	0	1.000	40	32
Philadelphia	1	0	0	1.000	17	16
N.Y. Giants	0	1	0	.000	17	24

SOUTH

	W	L	T	Pct	PF	PA
Tampa Bay	1	0	0	1.000	16	10
Atlanta	1	0	0	1.000	40	24
New Orleans	0	1	0	.000	32	40
Carolina	0	1	0	.000	10	16

NORTH

	W	L	T	Pct	PF	PA
Detroit	1	0	0	1.000	27	23
Chicago	1	0	0	1.000	41	21
Minnesota	1	0	0	1.000	26	23
Green Bay	0	1	0	.000	22	30

WEST

	W	L	T	Pct	PF	PA
Arizona	1	0	0	1.000	20	16
San Francisco	1	0	0	1.000	30	22
St. Louis	0	1	0	.000	23	27
Seattle	0	1	0	.000	16	20

WEEK TWO
Thursday's game — All Times Eastern
Chicago at Green Bay, 8:20 p.m.
Sunday's games
Tampa Bay at N.Y. Giants, 1 p.m.
New Orleans at Carolina, 1 p.m.
Arizona at New England, 1 p.m.
Minnesota at Indianapolis, 1 p.m.
Baltimore at Philadelphia, 1 p.m.
Kansas City at Buffalo, 1 p.m.
Cleveland at Cincinnati, 1 p.m.
Houston at Jacksonville, 1 p.m.
Oakland at Miami, 1 p.m.
Dallas at Seattle, 4:05 p.m.
Washington at St. Louis, 4:05 p.m.
Tennessee at San Diego, 4:25 p.m.
N.Y. Jets at Pittsburgh, 4:25 p.m.
Detroit at San Francisco, 8:20 p.m.
Monday, Sept. 17
Denver at Atlanta, 8:30 p.m.

GOLF

PGA TOUR

Next event: Tour Championship, Sept. 20-23, East Lake Golf Club, Atlanta.

LPGA TOUR/LADIES' GOLF UNION

WOMEN'S BRITISH OPEN

Site: Hoylake, England.
Schedule: Thursday-Sunday.
Course: Royal Liverpool Golf Club (6,657 yards, par 72).
Purse: $2.75 million. **Winner's share**: $418,825.
Online: http://www.lpga.com **or** http://www.ricohwomensbritishopen.com

EUROPEAN PGA TOUR

ITALIAN OPEN

Site: Fiano, Italy.
Schedule: Thursday-Sunday.
Course: Royal Park I Roveri (7,272 yards, par 72).
Purse: $1.91 million. **Winner's share:** $319,040.
Online: http://www.europeantour.com

WEB.COM TOUR

BOISE OPEN

Site: Boise, Idaho.
Schedule: Thursday-Sunday.
Course: Hillcrest Country Club (6,807 yards, par 71).
Purse: $725,000. **Winner's share:** $130,500.
Online: http://www.pgatour.com

CHAMPIONS TOUR

HAWAII CHAMPIONSHIP

Site: Kapolei, Hawaii.
Schedule: Friday-Sunday.
Course: Kapolei Golf Course (6,972 yards, par 72).
Purse: $1.8 million. **Winner's share:** $270,000.
Online: http://www.pgatour.com

CFL

WEEK 12

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Toronto	10	6	4	0	255	246	12
Montreal	10	6	4	0	273	310	12
Hamilton	10	3	7	0	290	339	6
Winnipeg	10	2	8	0	200	321	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	10	7	3	0	270	181	14
Calgary	10	6	4	0	268	254	12
Saskatchewan	10	5	5	0	267	206	10
Edmonton	10	5	5	0	239	205	10

Friday's game — All Times Eastern
Winnipeg at Calgary, 9 p.m.
Saturday's games
Edmonton at Hamilton, 3 p.m.
Toronto at B.C., 7 p.m.
Sunday's games
Saskatchewan at Montreal, 1 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	27	15	7	5	34	24	50
New York	26	13	7	7	46	39	46
Houston	28	12	7	9	40	33	45
Chicago	26	13	8	5	35	31	44
Columbus	27	12	9	6	33	32	42
D.C. United	27	12	10	5	43	38	41
Montreal	29	12	14	3	43	46	39
New England	28	7	14	7	35	38	28
Philadelphia	25	7	13	5	25	30	26
Toronto	27	5	16	6	30	48	21

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-San Jose	27	16	6	5	56	33	53
Seattle	27	13	6	8	43	28	47
Real Salt Lake	29	14	11	4	38	32	46
Los Angeles	28	13	11	4	48	40	43
Vancouver	28	10	11	7	29	37	37
Dallas	29	8	12	9	34	38	33
Colorado	28	9	17	2	36	41	29
Chivas USA	26	7	12	7	21	41	28
Portland	27	7	14	6	27	46	27

x — clinched playoff berth.
Wednesday's result
Chicago at Toronto
Friday's games — All Times Eastern
Houston at Kansas City, 8:30 p.m.
Colorado at Los Angeles, 11 p.m.

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Canadian nordic team goes high-tech

Canadian cross-country skier Ivan Babikov uses a $200,000 treadmill unveiled at a news conference Wednesday in Canmore, Alta. JEFF MCINTOSH/THE CANADIAN PRESS

Own the podium.
Treadmill, rifle lab unveiled in initiative to shave a few seconds off Olympians' times

Devon Kershaw knows just how significant a couple of ticks of the clock can be.

The cross-country skier from Sudbury, Ont., was fifth in the men's 50-kilometre event on the final day of the 2010 Winter Olympics, missing the podium by less than two seconds.

He and teammate Alex Harvey of St-Ferreol-les-Neiges, Que., also combined for a fourth-place finish in the men's team sprint at the Olympic ski races.

"I was pretty close and we were fourth in the team sprint. There's never been a man in the history of cross-country skiing in this country to medal in cross-country skiing so we have our work cut out for us," Kershaw said.

A new Own the Podium initiative is hoping to give Kershaw and Canada's other nordic athletes those extra seconds they need to make it to the podium at the 2014 Winter Olympics in Sochi, Russia.

Ken Read, director of winter sport for Own the Podium, said at a news conference at the Canmore Nordic Centre Wednesday that 30 per cent of the 228 Olympic medals and more than 50 per cent of the 186 Paralympic medals are awarded at the cross-country skiing and biathlon venues.

The first of two major projects aimed at improving Canadian chances in 2014 were unveiled at the conference — an indoor sport-specific treadmill and a rifle lab.

"You can make some really good gains using a tool like this," Kershaw said of the special treadmill. THE CANADIAN PRESS

New toys

- The $200,000 treadmill can be used by two skiers at a time and reach speeds of up to 35 kilometres an hour. It can upload data collected on race courses to simulate competition venues around the world.
- The $50,000 rifle lab has previously only existed in Europe. It has an infrared light, sound system, camera technology and a shooting distance of up to 15 metres.

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Horoscopes

♈ Aries
March 21 - April 20
You are confused which direction to take. It's not like you to be so undecided but for now, the only safe decision is to make no decision at all until the early part of next week. What's the rush?

♉ Taurus
April 21 - May 21
Try not to let your anxieties get out of hand today because it could have a knock-on effect on your physical health. Experience should have taught you by now that the worst rarely happens, so strive to be positive.

♊ Gemini
May 22 - June 21
Try not to be sentimental about people or possessions. Gemini is ruled by mind planet Mercury, so you should find it easy enough to be logical. Use your head today. It could save you a lot of unnecessary torment.

♋ Cancer
June 22 - July 23
You may have to deal with someone whose opinions you dislike but chances are you will need their support in the very near future, so hold your tongue and get on with it. It can still be a good working partnership.

♌ Leo
July 24 - Aug. 23
Speak up and let others know what you think. You could, of course, stay quiet and enjoy an easy life. But that has never been your way — nor should it be when there is so much at stake.

♍ Virgo
Aug. 24 - Sept. 23
Certain people seem to be dragging their feet and almost daring you to do something about it. You don't have to put up with this kind of behaviour. If they're going to drag their feet, you've got an excuse to stamp yours.

♎ Libra
Sept. 24 - Oct. 23
A partnership issue will come to a head over the next 24 hours and you will have no option but to deal with it quickly. A clean break now may be preferable to a messy one later on. Give it some thought.

♏ Scorpio
Oct. 24 - Nov. 22
You may be a bit behind in your schedule but there is no need to panic. The planets indicate you will get to catch up next week. In the meantime, relax and focus more on things you enjoy.

♐ Sagittarius
Nov. 23 - Dec. 21
Someone is not giving you enough for your money. Let them know you won't put up with such poor service. If you don't, the situation will continue. Throw off the nice guy image and get angry.

♑ Capricorn
Dec. 22 - Jan. 20
You're in a good mood at the moment but it could be spoiled by someone who seems to believe you owe them a living. You don't owe them anything. In fact, they owe you so don't let them drag you down.

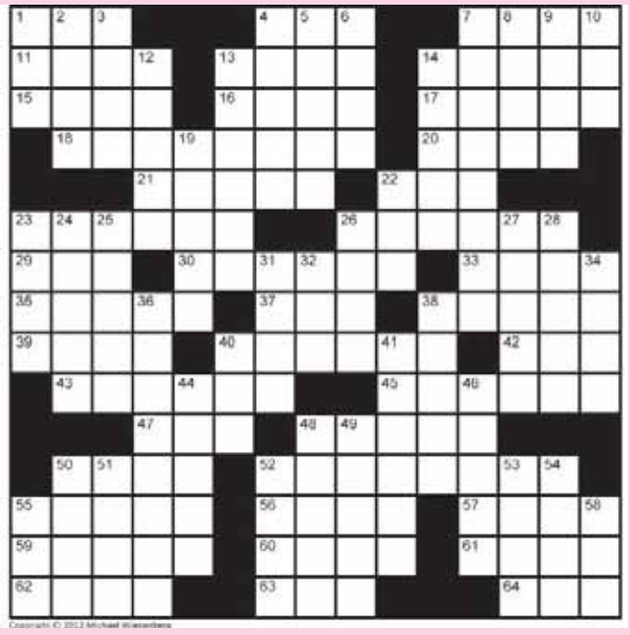
♒ Aquarius
Jan. 21 - Feb. 19
Your sixth sense is telling you that what you are being told by a friend is not to be trusted. Thank them for their advice then do the opposite of what they suggest. It could save you money — and your reputation.

♓ Pisces
Feb. 20 - March 20
You are somewhat impulsive, which could cause problems with money. You should know by now that few things in life truly come for free, so make sure you know what the real cost is going to be.

SALLY BROMPTON

Crossword: Is a Puzzlement

BY MICHAEL WIESENBERG



Across
1. Miami's state: abbr.
4. PC maker
7. Sunbathing goal (2 wds.)
11. Points a gun
13. Norway's capital
14. NWT's Great ___ Lake
15. The Queen, or the ship named for her, in short (2 wds.?; initialism?)
16. Begin to melt
17. Ontario-born Mandel of *Deal or No Deal*
18. Ontario NHL team
20. Baseball stat
21. Decrease in intensity
22. *The Simpsons* bartender
23. Critic's write-up
26. Prime Minister Pearson
29. Tic-___-toe
30. Cultural no-nos
33. Stumble
35. Set of cultural values
37. ___ Jima: 1940s Pacific battle site
38. ___ hasty retreat: flee (2 wds.)
39. Cut
40. Shopping ___: mall
42. Repair tears
43. Chooses to get e-mail, maybe (2 wds.)
45. Entrance's opposite
47. Island: Fr.
48. "Gosh, you shouldn't've" (2 wds.)
50. Obtained: Fr.
52. East Coast's ___ Provinces
55. Prime Minister St. Laurent
56. ___ *Brockovich*
57. Cashmere source
59. Afternoon talk show host Winfrey
60. A very small quantity (9th Greek letter)
61. ___ Scotia
62. ___ sign: advertising medium
63. 180° from SSW
64. Tyrannosaurus ___

Down
1. Help page feature: initialism
2. Fibs
3. French friend
4. "____ the Sheriff" (2 wds.)
5. Sound loud
6. Cuts grass
7. Member of a Montréal CFL team
8. "I ___ I taw a puddy tat!" : Tweety
9. Hertz rival
10. "Her maiden name was ..."
12. Commandments Mount
13. Home of 18-Across
14. Chases away, as an animal
19. Aids a criminal
22. "___ amis": start of a French speech
23. These are found on road maps: abbr.
24. "Jack Sprat could ___ fat ..." (2 wds.)
25. _-___: blocker of offensive TV material
26. What a bank robber gets away with
27. Wipe out
28. Religious ceremonies
31. "Très ___"
32. Possess
34. Grizzlies have them
36. Glasses expert
38. Reproduce, biblically
40. Co. in Québec
41. Provincial capital whose name comes from a queen
44. Half-melted snow
46. What 15-Across does
48. Moses's brother
49. Communicate by letter
50. Climber's cord
51. 100 cents, overseas
52. "Deal ___": "I want a hand" (2 wds.)
53. Boggy area
54. Roof overhang
55. Horror film star Chaney Jr. or Sr.
58. GST or PST

Yesterday's Crossword

What's online

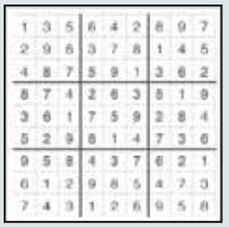
See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

			1		3			
	5						2	
4		1				7		6
		4	8	1	7	6		
9								8
		5	2	9	4	1		
8		9				3		4
	7						5	
			9		2			

Yesterday's Sudoku



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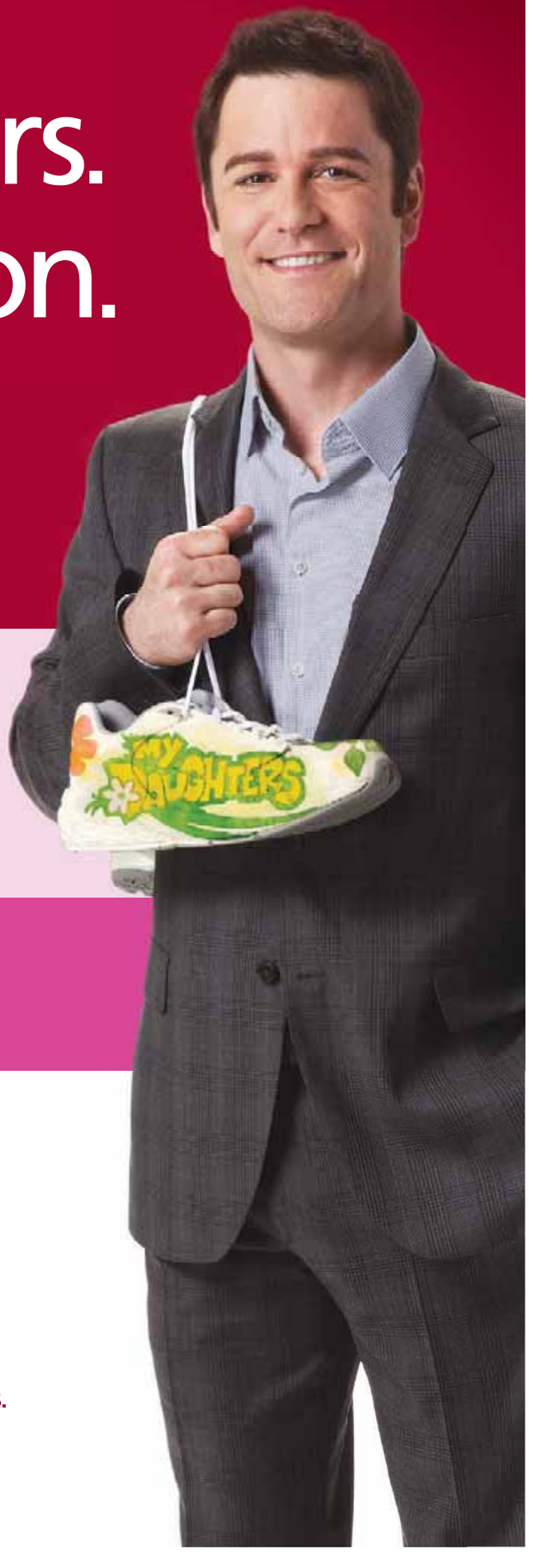

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